



MENTAL, MINDFUL, MOTIVATIONAL

When the students walked into school Monday, January 27, they were blinded by the vibrant, motivational sticky notes that were placed all over the walls by the NHS students. Each person had a sweet hand-

written message on his or her locker, but that wasn't nearly the end of it. What followed would be a prolonged week's worth of activities and assemblies to educate students and staff on mental health awareness.

Every year NHS members pick a theme to focus on for Sweetheart week. With mental health being a hot topic in the news, the club wanted to highlight this issue as their focus. "It started off as just a team effort, throwing ideas out. I suggested mental health and everyone was all for it," said co-president Claire Lester. They just had to figure out a way to put it into action—how would they raise money, what

activities we would do, and how could they encourage students to participate, as well.

To open up each day, there was a calming sound over the loudspeakers, or a 'Mindful Minute', to just take a minute and relax for the long school day ahead. The soothing music sought to take your mind off anything stressful that may be going on. Afterwards, students participated in some Mindful Activities: drawing, coloring, puzzles, and yoga. "[The activities were] designed to show different ways to get away from stress and clear your mind," said Lester.

Furthermore, there were two days where any student or staff member gave up their phones. Each phone given up the Sanilac County Art Council donated \$1 for supplies that Mrs. Jacobs's students would use to design art pieces for our hallways. Altogether, we raised \$280. "A lot more people participated than I ever thought would," said Lester.

HOW DID YOU FEEL AFTER GIVING UP YOUR PHONE FOR A DAY?



Megan Franzel



Mikayla Frisbey

"I was more anxious because I didn't know if my friends tested me back."



Hazen Nugent

"I don't usually use my phone in school but if it was at my house I would've been more productive."

SWEETHEART CANDIDATES

When you can't find the **SUNSHINE**, be the **SUNSHINE**



Larissa Anton Tyler Nelson

LOVE BEING IN THE GREAT SUNSHINE



Ashlyn Robinson Keigh Dimasuy

No matter where life takes me, find me with a



Annabelle Rich Devin Stricker

CAN YOU FIND ME? I'M A BIG SUNSHINE



Victoria Muxlow Eric Warchuck



Karmel Pothig, Kiana Cooper, & Nina Helms Christian Long & Jordyn Preece



DANCE

Over 180 students crammed into the cafeteria on Saturday night as a final celebration to the week's events. "Dressed in their semi-formal attire, students danced the night away to songs by Taylor Swift, Ed Sheeran, and Pitbull, and Usher."



SWEETHEART ROYALTY
Annabelle Rich and Tyler Nelson