

**Friday, January 18, 2019**

**As we embark on the long weekend...**

1. Here's something to make you feel proud of our students: HHS senior **Anna Calame** has been selected by Girls Learn International to serve as a delegate to the **63rd Commission on the Status of Women at the United Nations**. She will have to miss a week of school (March 11-15) but what an incredible (and well deserved) opportunity! Anna is an impressive young woman and, needless to say, she has drawn tremendous support and inspiration from many of her teachers here at HHS.

2. In case you didn't know: Teachers are welcome to join the fun at "**Yoga Club**" sessions on Tuesday mornings. Special thanks to first-year para-educator **Jen Murphy** for launching a program that will no doubt make a positive impact for participants. Check out the attached flyer for details.

3. Our school nurses (together with the Red Cross Club) have organized a "**Stop the Bleed**" **workshop** at 3:30 PM next Thursday, Jan. 24th in Room 103. It's open to students and teachers alike. Feel free to join them if you'd like to learn how to use a tourniquet on an open wound.

4. Debbie Whiting, the head nurse for HPS, has organized a **professional development workshop** (Feb. 27th at 3:30 PM) about substance abuse among teens that could be of interest to some of you. See the attached flyer for details.

5. More important than all the wins our Top 20 boys' and girls' basketball teams are accomplishing on the court this year? Their commitment to making a difference. Perfect example: The "**Coaches vs. Cancer**" **doubleheader at HHS tonight**. The girls' game starts at 5 PM, with the boys to follow at 6:30 PM. If you can't make the game, you can [contribute to the cause online](#).

Have a great weekend, everybody!

**Rick Swanson**  
**Principal**  
**Hingham High School**