



RENEGADE NEWS

Week of May 29 - June 2

A Message From Our Administration

What is happening next week...

**May 29 -
June 2**

Monday, May 29th / Day 1

- How to communicate with your Youth - Cancelled

Tuesday, May 30th / Day 2

- Elementary and Jr. High Track Meet

Wednesday, May 31st / Day 1

- High School Band Performance for Elementary classes, 12:30pm

Thursday, June 1st / Day 2

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Friday, June 2nd / Day 1

- Anything but a backpack day
- Grad Setup and Rehearsal, 9 am
- Have a great weekend!

Join us at the
concession on the
following days for
some good food

The Lunch Basket

MONTH: **JUNE 2023**

			THURSDAY 1	FRIDAY 2
			POPCORN & BAR # \$3.00	
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
	Chicken Buddah Bowl \$6.00	Walking Tacos \$6.00	POPCORN & BAR # \$3.00	
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
	Turkey BLT Wraps \$5.00	Mozza Sticks & Deep- Friend Pickles \$5.00	POPCORN & BAR # \$3.00	
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
	Sloppy Joes \$5.00	Walking Tacos \$6.00	POPCORN & BAR # \$3.00	
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
			POPCORN & BAR # \$3.00	

Words From The Wellness Hub

With summer right around the corner and the days getting longer, it's hard for some people to get enough sleep at night. Sleep is vital for people of any age but especially in teens where profound mental, physical, social and emotional development requires quality sleep.

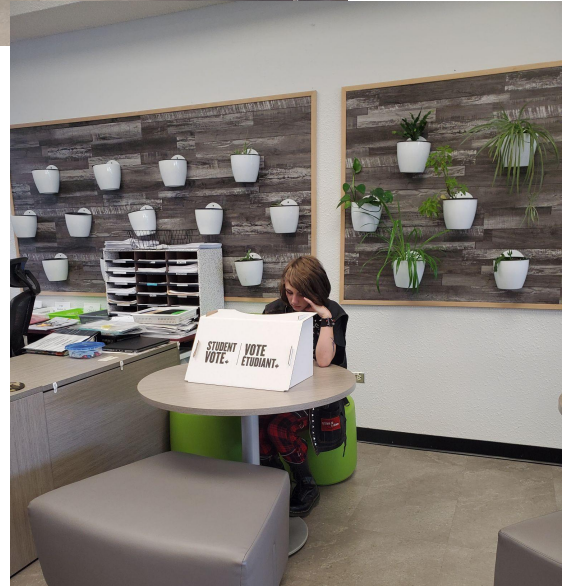
Some **healthy sleep tips** that can help teens get enough sleep include:

- Budgeting eight hours of sleep into your daily schedule and keeping that same schedule on both weekdays and weekends.
- Avoiding **caffeine** and energy drinks, especially in the afternoon and evening.
- Putting away electronic devices for at least a half-hour before bed and keeping them on silent mode to avoid checking them during the night.
- Keeping your bedroom **cool**, dark, and quiet.

On May 24 and 25 the High School Musical Theatre class performed their rendition of "The Real Story of Little Red Riding Hood". Students have been working since February to put the show together to perform for the community. We were lucky to also have two Concordia students work on their capstone project by helping with directing the show.



On Friday, May 26th
students participated
in the student vote.
This mock voting
activity allows
students to participate
in the electoral
process.



News from Student Council

June 2nd

Anything but a backpack day

