

Weekly Scoop

Birthdays

Lillian Moore & Ben
Pitman 2/17
Dez Oliver 2/18
Liv Waller 2/20
Abby Bucknell 2/21
Natasha Wilson 2/22

Belated Birthdays:
Ava Morgan 2/10

Trivia

What country banned time travel in movies?

Last weeks answer: 8

Last week's winner: Casey
McJunkins

The SGA had an excellent meeting on Monday, February 9th



Be sure to sign up for our Upward Bound Band!



Monday Sessions:
February 23, 2026
March 9, 2026
April 13, 2026
April 27, 2026

Senior Sash Ceremony -
April 23rd, 6-7 P.M. in the D.P.
Culp Center Auditorium

Bus Schedule for February 23rd Session

- **Bus #1** - Johnson County High School
 - Pickup @ 3:10 PM - Dropoff @ 8:15 PM
- **Bus #2** - Cloudland and Hampton High School
 - Pickup (Cloudland) @ 3:05 PM - Dropoff @ 7:45 PM
 - Pickup (Hampton) @ 3:25 PM - Dropoff @ 7:25 PM
- **Bus #3** - Unicoi and Happy Valley High School
 - Pickup (Unicoi) @ 3:20 PM - Dropoff @ 7:40 PM
 - Pickup (Happy Valley) @ 3:55 PM - Dropoff @ 7:15 PM
- **Bus #4** - Unaka and Elizabethton High School
 - Pickup (Unaka) @ 3:20 PM - Dropoff @ 7:40 PM
 - Pickup (Elizabethton) @ 3:35 PM - Dropoff @ 7:15 PM
- **Bus #5** - Dobyns Bennett and West Ridge High School
 - Pickup (DB) @ 3:10 PM - Dropoff @ 8:00 PM
 - Pickup (West Ridge) @ 3:35 PM - Dropoff @ 7:35 PM
- **Bus #6** - TN, Sullivan East, and Science Hill High School
 - Pickup (TN High) @ 2:50 PM - Dropoff @ 8:05 PM
 - Pickup (Sullivan East) @ 3:10 PM - Dropoff @ 7:40 PM
 - Pickup (Science Hill) @ 3:50 PM - Dropoff @ 7:10 PM

Top Majors at ETSU

Registered Nursing

Psychology



Business Administration and Management

Liberal Arts and Sciences

Biology

Health Professions

Marketing

Teacher Education

Healthy and Physical Education

Save the Date: Volunteer Hours

April 11th 10am-2pm

Sign-up via BAND by April 3rd

3 Locations: Must pick 1

- **Helping Others: Mountain City**
- **Bays Mountain: Kingsport**
- **Habitat for Humanity ReStore: Johnson City**

5 Traits of a Healthy Person

○ Proactive Self Care

○ Resilience

○ Self-Awareness

○ Strong Bonds with Others

○ Emotional Regulation

