

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



Enjoy the little
things in life for
one day you'll look
back and realize
they were the big
things.

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

