

LABRAE HIGH SCHOOL

**TUESDAY,
FEBRUARY 18**

“Home of the Vikings”



ITEMS OF INTEREST



Freshman Student of the Month



Aaron Van Dyke

Favorite Classes: Spanish

Favorite School Activities: Drama Club, RoboVikes,
English Festival

Favorite Outside Activities: Drawing, Badminton,
Pickleball, and making jewelry

Role Model: Rhylin Nicole Barker

Favorite Movie: Bridge to Terabithia (2007)

Favorite TV Show: Heartstopper

Favorite Book: Hereafter by Tara Hudson

Favorite Food: Lo Mein

Future Career: Psychology / Psychiatry

ITEMS OF INTEREST



MAJORETTE TRYOUTS

Wednesday, Feb 26 @ 4:00pm

**Clinics will be held from 2:45–3:45pm on
2/19, 2/20, 2/24, and 2/25**



Pick up your application in the band room!

Applications must be signed by a parent/guardian

ITEMS OF INTEREST



Blood Drive!

**Student Council
Blood Drive is
Friday,
February 21st.**

Tips to prepare:

- Get a good nights sleep
- Eat a good breakfast
- Stay hydrated

Donors
will receive a
\$15 giftcard!

If you are
16 years old, you
will need a signed
parental consent
form before
signing up!

**Sign ups will be in Miss Adgates (902) room and at lunch
on Monday, February 10 thru Wednesday February 19.**

How to prepare to give blood



Make an appointment



Get a good night's sleep



Hydrate



Eat a healthy meal



Complete a RapidPass*



Relax



American Red Cross

Schedule your appointment
RedCrossBlood.org

Iron-Rich Foods



Meat and Eggs

Beef
Ham
Turkey
Chicken
Eggs



Seafood

Shrimp
Clams
Scallops
Oysters
Tuna



Vegetables

Spinach
Sweet Potatoes
Peas
Broccoli
String Beans



Fruit

Strawberries
Watermelon
Raisins
Dates
Figs

RedCrossBlood.org/Iron



American Red Cross



*Kindness is
in your blood*

POWER RED

Eligibility Criteria

Female

NEW Minimum Height: 5'3"

Minimum Weight: 150 lbs.

Male

Minimum Height: 5'1"

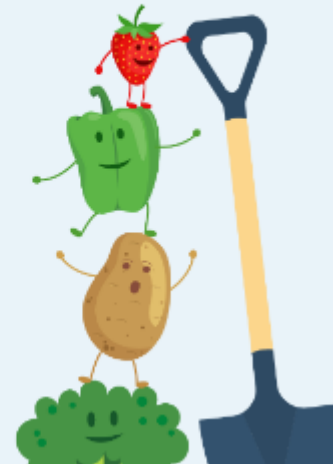
Minimum Weight: 130 lbs.



American Red Cross

Iron-rich fruit & veggie ideas you might dig

Strawberries
Chard
Green pepper
Kale
Potatoes
Spinach
Broccoli
String beans
Collards
Watermelon
Peas
Sweet potatoes



American

ITEMS OF INTEREST



Attention Seniors.....

**Scholarship deadlines are quickly
approaching!**

**Don't forget to check the website daily for all available
scholarships!**

WWW.LABRAE.SCHOOL ~ HIGH SCHOOL ~ SCHOOL COUNSELORS ~ SCHOLARSHIPS

ITEMS OF INTEREST



BRACEVILLE FIRE DEPARTMENT AUXILIARY SCHOLARSHIP

Scholarship applications are available in the Guidance Office or on the LaBrae website.

All Scholarship applications **MUST** be returned to the LaBrae Guidance Office by Monday, March 10, 2025!!

No late applications will be accepted!



ITEMS OF INTEREST



OVERDUE BOOKS

- Notices for Overdue Library Books are going out today (2/13) in homeroom.
- Please take the time to return or renew your book(s) as soon as possible.
- Books can be returned to the library at any time, but may only be renewed when the library is open. **The next library date is next Wednesday, February 19.**
- Special arrangements can be made to renew or return a book by seeing Mrs. Mullenax.



Softball Practices

Softball practices will
start on *Monday 2/17*.

We will be practicing
6-8 pm again this year.

SPORTS NEWS



Are You Interested in Track?



There will be a meeting at lunch on Tuesday, February 18th, in the auditorium for all those interested in going out for track.

We will meet first, then you will go to lunch.

SPORTS NEWS



Basketball Banquet

When:

Tuesday, March 18

Time:

Doors open at 5:30 pm

Dinner at 6:00 pm

Where:

HS Cafeteria

Tickets:

\$20.00 per ticket

Coaches, players,
cheerleaders are free

TODAY'S LUNCH



Dish of the Day

Sweet & Spicy BBQ Chicken Bowl

- Seasoned Steamed Golden Corn
- Black Bean & Corn Salad
- Red Delicious Apple

Fan Favorite

Corn Dog

Grille

Hot Ham & Cheese Sandwich on Hamburger Bun

Deli

Grilled Buffalo Chicken Wrap

- Hershey's Ice Cream for Sale
- Tater Tot Tuesday, Tots for \$1.00