



Click [HERE](#) to view this week's podcast courtesy of Senior Alley Estrella and science teacher, Louis Hall!!!

**** Homecoming Nominations close on Monday, VOTING begins Monday and ends Friday, September 28th, [VOTE FOR HOMECOMING HERE!](#)**

Please make sure to take the survey take the [School Logo Survey](#) during Mentor Monday!

Upcoming events:

9/25

Senior Parent/Student College Application Night
6:30-8:30 pm in the PAC

9/26

Come to the library for Flex on for Character Day 2018
as we join thousands of schools around the world for this fun day ([Character Day Overview](#)) .

9/28

Want to join in with school spirit?

Wear your purple on Friday for the school pep rally, then support your football team on Friday night by wearing all white. This will be our **whiteout** game!!

9/29

HOMECOMING DANCE!

7-10pm in the High School Courtyard. Drop off/pick up is at the Culinary Door- near Project Vine and across from the tennis courts.

Buy your tickets (\$10) in the cafeteria during lunch this week!

Last Week's Athletics:

Monday, September 17th:

Nauset vs Varsity Field Hockey: W 3-0

Nantucket vs Golf: W

Wednesday, September 18th:

Monomoy vs Boys Soccer: Cancelled

Monomoy vs Girls Soccer: Cancelled

Thursday, September 20th:

Cape Cod Tech vs Golf 2:45 (H)

Falmouth vs Boys Soccer 3:30 (A)-W 4-0

Falmouth vs Girls Soccer 3:30 (H)

Friday, September 21st:

Monomoy vs Varsity Field Hockey 3pm (H) L 2-1

West Bridgewater vs Varsity Football 6:30pm (A) L 34-26

Wellesley vs Golf 2:45 (H)

Monomoy vs Girls Soccer 4:15 (H) L 2-1

Saturday, September 22nd:

Cross-country invitational 9am (H)

Dighton-Rehoboth vs Varsity Field Hockey JV @10:30, Varsity @1 (H) W 3-0

Sturgis West vs Boys Soccer 3:00pm (H) W 5-0

Sunday, September 23rd:

Tahanto vs Field Hockey 11:30, JV to follow (H) W 2-0

This Week in MVRHS Sports:

Monday, September 24th:

Field Hockey vs Sturgis East Away @4:00

Tuesday, September 25th:

Golf vs Monomoy Away @4:00

Wednesday, September 26th:

Golf vs Saint John Paul @3:30

Thursday, September 27th:

Golf

Friday, September 28th:

Football vs Bourne Home @6:00

Saturday, September 29th:

Cross country vs Saint John Paul Home @11:30

Field Hockey vs Nantucket @1:00

Flex Information for the Week of 9/24

- **Guidance is now offering 5 slots per day (Tuesday through Friday) for students to sign up for assistance filling out college applications!** Sign up under “Wellness, RJO and Guidance- College Applications” and you will see which counselor you will be working with during that time.
- **MCPHS- Massachusetts College of Pharmacy and Health Science is visiting on Friday, 9/28, during flex.** Sign up under guidance! Reminder: All college visits are listed in Naviance under College Visits. This year, all college visits will take place in Guidance in our conference room! We have encouraged colleges to schedule during our Flex time to cut down on class disruptions. Because it is a short season, colleges will also be visiting at 1:15 pm some afternoons. You must sign up through Naviance, guidance, or flex at LEAST the day before.
 - **Peer Outreach Nominations** will be happening during flex on Monday, the 24th.
 - **Come to the library for Flex on Wednesday 9/26** as we join thousands of schools around the world for Character Day 2018.
- **Chess Club** will start on Fridays in October! Will meet in Mr. McCarthy’s room (419), but this week...**wear purple for our Pep Rally on Friday for Fall Sports!**

COLLEGE VISITS THIS WEEK: 9/28

MCPHS- Massachusetts College of Pharmacy and Health Science @ 9am
Savannah College of Art and Design @1:15pm

Quick Link for Parents about Immunizations from Linda Leonard, MVRHS School Nurse: [VACCINES](#)