

Hawk Talk – Friday, May 4, 2018

Track: Today's track practice has been canceled due to the World's Fair.

Hawks: Hillview's second annual World's Fair is tonight from 3 – 5 pm in the gym. Experience the cultural flavor of over 20 different countries. There will be free food samples from 20+ countries. Only presale tickets get entered into the massive raffle for food, candy, etc. Presale tickets are on sale for \$5 during both lunches.

6th and 7th graders: If you would like to try out for next year's cheerleading team, please pick up a cheer packet from the office. Tryouts will begin Monday, May 7th with a mandatory parent and student information meeting and continue Tuesday through Friday of that week.

8th graders: Any 8th grader interested in QHHS cheer can pick up a cheer packet at QHHS in the office or get one from the schools web site. There will be a parent meeting on May 10th at 6:30 pm with tryouts beginning on May 14th. A physical is needed to participate.

8th graders: If you are interested in playing sports at either Quartz Hill High School or Highland High School, plan to attend your future school's Athletic Information Night meeting. The QHHS and HHS Athletic Information Night fliers are available in the office.

Dealing with Anger

Nonviolence

It seems, at times, that we live in an angry world. After all, beneath much of the violence is anger. The good news is that we can all contribute to a less violent and more peaceful world by simply learning to deal with our own personal anger.

Someone wise once said:

Be strong enough to control your anger instead of letting it control you.

If you feel a lot of anger a lot of the time, it's a signal that something is not right. You may feel unable to deal with your pain or frustration. Take the time to talk to someone you trust – a parent, teacher, counselor, or spiritual leader. Let him or her help you get to the cause of it, work to find solutions, and then let go of the anger in a healthy way.