

Good evening, this is Rick Parker, Principal of East Mecklenburg High School calling with our Friday Weekly Update. We had a wonderful week with our Awards Day on Thursday morning followed by our Senior Trip to Carowinds! I am so proud of all our seniors and the difference they have made in East Mecklenburg High School! We have some amazing leaders soaring off from the Eagle's Nest!

Our Semester long exams will begin on Monday, June 4th. Exams will begin at 7:15 a.m. and end at 12:30 p.m. There will be bag lunches provided each day at the end of the exam period. There no early dismissals during the exam periods as this is a testing violation. Blankets and pajamas are not permitted to be worn during exams. Students must follow our dress code policy. The exam schedule is as follows:

- Monday June 4th period 1 exams
- Tuesday June 5th period 2 exams
- Wednesday June 6th period 3 exams
- Thursday June 7th period 4 exams
- Friday June 8th make up day

Again, school will begin at 7:15 instead of 7:25 to accommodate the testing schedule. There will be no early dismissal during exam week.

The staff Spotlight of the Week is Matt Owen, Art Teacher. Please visit the East Meck Website to learn more about this amazing teacher.

Attention: Health Screenings for Student Athletes

Heart of a Champion Day is a free sports-specific health screening and educational program for high school student athletes. This Saturday is Heart of a Champion day. Our Heart of a Champion time is 1:30 PM on Saturday. Please report to East Meck by 12:45. Buses will leave at 1:00 sharp!!

The screenings include a review of the athlete's medical history, a sports-specific medical and musculoskeletal exam, a heart exam and a vision test. The program is unique because of the heart screening, where all student athletes receive an electrocardiogram (EKG), which traces the heart's electrical activity. A heart screening is performed to increase the chance of detecting a heart problem that could affect an athlete's ability to participate in sports safely. Traditional sports screenings may not detect these heart abnormalities. However, no screening program is designed to detect every abnormal condition. It is also important to note that this program is not intended to replace an athlete's yearly well child exam.

The class of 2020 will be hosting a fundraiser at Chipotle (2921 Providence Rd Suite 100, Charlotte, NC 28211) on Sunday, June 3rd from 4-8PM. If you mention East Meck, 50% of the profit during that time will go to the class of 2020. This funds will be used for community service projects, spirit events, and prom for next year. We appreciate all your support!

Do you have plans for the summer yet? If not you should consider signing up for the Summer Break program at the Charlotte Mecklenburg Public Library. Just for signing up at summerbreak.cmlibrary.org you'll earn a coupon for a free Wendy's Jr. Frosty! Participate

throughout the program and you'll be eligible for various prizes, and if you log in activities for 9 out of the 10 weeks you could win a free ticket to Carowinds!

SENIORS: This is a reminder of the **MANDATORY** graduation rehearsal on Thursday, June 7th at Bojangles Coliseum. The rehearsal will run from 2:30-4, but plan to arrive at least 15 minutes early. You will meet your homeroom teacher inside the arena at 2:30pm. **DO NOT BE LATE.** Plan ahead for traffic. If you do not know who your homeroom teacher is, please find out before rehearsal. You do not need to bring your cap and gown to rehearsal. Please leave bags, purses, and cell phones in your car. You will not be permitted to bring in large bags. If you have questions, please see Ms. Freiberg in room 405 before or after school.

Graduation is June 12th at 8:30 a.m. @ Bojangles Arena. If you have earned a Scholarship, please turn in your paperwork to Mr. Shuford in the counseling Office. We want to receive credit for all the money earned by every senior!

Set those clocks early...start time 7:15 a.m.