

Good Morning MIT Academy!

Please stand for the Pledge of Allegiance.

**I pledge allegiance to the flag of the United States of America
and to the republic for which it stands, one nation under God, indivisible,
with liberty and justice for all.**

SENIORS:

Tonight is the "Destination DC Final Prep" meeting in the MPR. This is a very important meeting for you and your parents. Be here at 6:00 pm!

ONLINE LEARNING:

Online Learning meets today, 4-5:30 in Ms. Gonzalez's room Ev-1.

KEY CLUB:

1. Kiss a Friend Goodbye by buying candy grams from Key Club during lunch. The last day to buy is May 31. The price is \$2. They will be delivered on June 5 at the end of the day.
2. Key Club is partnering with Books n Blankies, an organization that supports children's literacy. Donate new or like new children's books in the drop-box located in the Main Office. The last day to donate is May 31st.

YEARBOOKS:

Pre-sales for yearbook are officially over. If you would still like to purchase a yearbook they will be available to purchase for \$65 on the last day of school on a first come first serve basis. If you have any questions please see Ms. Amrita in H1.

PLANET FITNESS:

From now until Sept. 1, all teens age 15-18 can work out for FREE at any Planet Fitness. I have been telling my students that it is great to start healthy habits now since it is much harder to do later in life, and that we should have at least 150 minutes of exercise a week according to the CDC. Exercise also reduces diseases, and cuts back on stress, anxiety, and depression, something many of our students struggle with.

All they have to do is have a parent/guardian sign a waiver. They could go with their friends too.

<https://www.planetfitness.com/TeenSummerChallenge>

Note, there is a Planet Fitness in Vallejo off of Sonoma and Redwood.

MIT ACADEMY
Wishes the following
Student(s) a



Today: Adrian Flores & Alexandra Marquez

Friday, May 24th: Franklin Fogli

Saturday, May 25th: Iris Lopez, Marylle Bautista, Nicole Le, & Adrian Gonzalez

Sunday, May 26th: Joshua Holmes

Friday, May 27th: Gerome Mendoza, Alexia Ceja, & Hannah Thurston

Quote of the Week: “Tell me and I’ll forget; show me and I may remember; involve me and I’ll understand.” [Chinese proverb](#)

Information for the Daily Bulletin is to be submitted to mascencio@mitacademy.org **no later than 1:00 pm the workday before you want it to appear**. A request for submission by a student needs to have the pre-approval of the teacher/advisor overseeing the requested announcement. Please make sure to “CC” that advisor in the email. All submissions may be edited. Please put “**Daily Bulletin**” in the subject line. Thank you.