ALL ABOUT FANG FEST!

Fang fest is a totally unique celebration of Souhegan school spirit! No other school embraces such wild jubilation and hullabaloo! The Sabers are a proud Nation and our expression of pride is marked in this week long event.

In recognition of the character we collectively possess, it is critical that we remember our purpose is to come together as a community and honor what makes us special, as well as, embracing the expectations of RESPECT, TRUST and COURAGE that will be at the heart of our celebration next week. We are reminded to:

Keep a positive focus! Cheer on your class and classmates. Avoid put downs and negativity.

Dress Appropriately! Be creative and FUN! Costumes should follow Souhegan dress code expectations. Individuals wearing revealing, overly graphic or inappropriate costumes will be asked to change. No depictions of weapons will be allowed.

Have fun! Play, be silly, laugh, and embrace this unmatched celebration of all things SABER!

Daily Themes & Activities

Daily Dress Up Themes
Monday: Class Color Day
Tuesday: Spies Day
Wednesday: Black and Gold Day
Thursday: Celebrity Day
Friday: Grade Theme Day

Grade Themes
Freshman: Mario Kart
Sophomore: Space
Junior: Circus
Senior: Jail Break

After school Activities
Monday: Badminton Tournament
Tuesday: Jedi Knight
Wednesday: Mario Kart Competition
Wednesday: Mural Competition
Thursday: CupCake Wars
Friday: Clean Hallways

Stress Management through the Power of the Breath workshop

Does everyday life have you feeling stressed and overwhelmed? Do you find your blood pressure is too high, do you feel tired and fatigued often, or like you can’t shut your brain off to go to sleep? This 90 minute powerful experiential workshop helps you understand the origins of stress and how to harness breathing to manage life’s difficulties. You will learn how to quiet the mind through intentional awareness through breath and movement.

When: Tuesday February 18th from 6:30-8:00pm
Where: Souhegan High School- Mini Gym
Who: Students 13 years or older and any adult feeling stress
Please RSVP at: souheganptsa@gmail.com

The Souhegan PTSA is hosting this event and any tax-deductible donations will be accepted at the door or via our Paypal, by visiting www.souheganptsa.com

Presenters

Kathy MacKinnon

After a career in school teaching, Kathy MacKinnon completed her certification as a YOGYAM® Yoga teacher in 2015. Her interest in this practice is a result of the benefits she received from yoga/meditation in her personal life. Having studied directly with an Indian Master, Yogacharya Vineeta Sharma, and gaining the enormous benefits in both her physical and mental state, Kathy has fully dedicated herself to conducting YOGYAM® Yoga classes at Amherst Yoga Studio, Amherst, NH.

Heather Ramm, MA, LCMHC

Heather is a private practice licensed clinician in Bedford, NH. She specializes in helping individuals cope with anxiety, depression, and other mental illnesses through Mindfulness-Based Cognitive Behavioral Therapy. She has practiced for more than 11 years and has been mediating since the age of 10 to help manage her life stressors.

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