



Good morning West High. This is _____ and today is Friday, September 23, 2022

In honor of Hispanic Heritage Month MEChA Club brings you— "Did you know"

Depicting the beauty of the flora and fauna of her homeland; the richness of Mexican culture; the fantastic, surreal images of her mind; and brutal representations of body horror, as well as candid self-portraits of her varied identities, Frida Kahlo would leave an indelible mark on the world of art and popular culture in general. Born in the district of Coyoacán in Mexico City, she was a promising pre-med student before her early pathway into painting came as a result of a horrendous childhood accident at 18 which confined her to bed for 3 months, much of that time in a full torso cast. Painting allowed her to explore questions of identity and existence and channel the chronic pain that would define her and her artwork for her entire life into something beautiful and everlasting. Her strength, resilience, cultural pride, and willingness to express her emotional vulnerability in her work has made her an icon for Latinos, women, and the [LGBTQ+](#) community to this day.

With something to think about, this is _____ and this is _____. Make it a great day, or not. The choice is yours. Bye, West High!

And now let's stand and say The Pledge of Allegiance (Count to 5)

Ready, Begin..

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

Join MEChA as we continue to celebrate "Hispanic Heritage Month" with TODAY's lunchtime game of "Musical Chairs" taking place on the Stage, and next MONDAY's Dress Day of "Vaquero" (Cowboy) Day," followed by "Gemelo (Twins) Day" on Tuesday, "Team Jersey Day" on Wednesday, "Dress as Your Type Day" on Thursday, and "Adam Sandler Day" on Friday. Dress to impress for next week's Dress Days!

Attention Seniors! An admissions rep from UC Santa Barbara will be on campus Tuesday, September 27th, during 2nd period. Sign-up sheets and passes are in the Career Center. Stop by at lunch or after school to sign up.

Saturday school this Saturday in the cafeteria starts promptly at 8am. If you have hours, you need to be there!

Speaking of the football game tonight, here at West High... the big announcement will be made about homecoming court nominees. We look forward to seeing you there to hear this BIG announcement!

Attention Juniors! We will be offering the PSAT/National Merit Scholarship Qualifying Test on October 12th. If you are interested in taking the PSAT/NMSQT, please purchase your exam in the Bookkeeper's Office no later than October 3rd. Exams are \$25.

Attention Wolfpack! Join Blue Crew for our Teen Beach Movie themed spirit section for our Football Game Friday against Argonaut. Come in either Surf attire or dressed as a biker, the choice is yours! Hope to see you there.