Part of suicide prevention is having a healthy body and mind! Here are some tips for stress management. Remember the acronym HEALTHY:

H - Have realistic expectations of self, others and situations
E - Express gratitude—even if you are not feeling it
A - Adjust attitude—even if you don’t want to
L - Love people over process—even if it makes no sense
T - Take time for YOU—even if you feel there is no time
H - Help someone—pay it forward, pay it back—even if you are struggling
Y - You create health—that power is yours

Seniors, the senior superlative top 5 voting form is now available. Chatt Time teachers have the link for senior superlative voting form, which closes Friday, September 27. Winners will be announced on the Hooch Yearbook Instagram page on Monday, October 7, so make sure to follow @hoochybk for more details.

This week’s varsity football game vs Pope will be a cash free event. All ticket sales will be through online sales or credit cards at the ticket window. Concessions will accept cash and credit cards. The link to online sales will be posted on the Hooch website. Here is the link for online sales: https://gofan.co/app/school/GA5246

Mark your calendars! It is almost time for the Homecoming Dance! Tickets are on sale! Save $10.00 by purchasing tickets in advance. Use the online Payment system on the Chattahoochee website or the QR code on the flyers that are posted in the hallways. Tickets are $20.00 each in advance and $30.00 each at the door the evening of the dance. This year’s theme is “Once Upon a Time in Disney”. Don’t miss the fun!

Jewish Student Union will be meeting on Friday, September 27th during Chatt Time in F111. If you are interested in being part of this exciting club, stop by F111 before Friday to get a Chatt Time pass. You’ve eaten the donuts, now check out the club. Jewish Student Union, this Friday during Chatt time in room F111.

Attention Seniors!! The October 15th deadline for college applications is fast approaching! If you are applying to a college with this deadline then you must submit your request for a counselor recommendation or school report, by Friday, September 27th. Be sure to join your counselor’s google classroom for steps on how to submit these requests. Please remember, ten school days is required for all requests submitted. If you need help with the application process, then please join us for the Hooch Apply to College Day event on September 24th from 8:30 to 2:30 in D120. Thank you!

The Hooch Help Lab and Hooch Make Up lab will begin on Monday, September 16th. The Hooch Help lab is available after school Mon-Thursday for Algebra I and 2, Geometry, ELA, Bio and Chem, Spanish and
Physics. Please sign up in the Counseling Office. The Hooch Make Up Lab is available after school Tues-Thus from 3:30-5:30. You can make up missed assignments and tests. Just ask your teacher to send work to the Hooch Make up lab in G105

Students, please take note that we are no longer offering bus transportation for the Hooch help lab and make up lab after school. Please ensure that your parent or guardian picks you up after the session or provide other transportation for you.

We Belong in School! September is Attendance Awareness Month! Did you know that missing just 2-3 days of school a month can create a chronic absenteeism problem? It's true. It is important to prevent absences whenever possible by scheduling doctor’s appointments outside of the school day, eating a balanced diet so you don’t get sick and talking to a trusted adult or friend if you are experiencing a problem. You belong at Chattahoochee and we care about seeing you on time and ready to learn each day! Regular school attendance is the key to your success.

Johns Creek North Fulton Rotary is looking for host families for a young man who is spending this year at Chattahoochee High School through their Rotary Youth Exchange Program. This will provide him with the opportunity to learn about the American culture. Each host family will welcome him into their home for 3 months each. It is an exciting opportunity for your family to learn more about his culture as you show him ours. Please contact Mary Trapp, Rotary Youth Exchange Officer, at MaryTrapp@kw.com or by phone at 770-645-1320."

Seniors: Please check out the upcoming college visits that are on the counseling website. If you are interested in visiting colleges, you must register through the counseling website. For a list of college visits coming up, please the counseling website under College Visits-Register.

Seniors! Have you taken your senior portrait at Cady Studios? If not, hurry! Have your senior portrait taken ASAP to guarantee your picture in the yearbook. Head to hoochyearbook.com for more information.

Keep up with the #HoochFamily! Follow us on Twitter @HoochHappenings, on Facebook @ChattahoocheeHighSchool and Instagram @HoochHappenings. Also on the web at chatt.cougar.com

Important Dates!

10/4/2019- Homecoming Game Night
10/5/2019- Homecoming Dance
10/11/2019- Teacher work day- no school for students
10/10/2019 RFF day -No school for students
1014/2019- Holiday- No school