

Good Morning Ketcham Nation!

Today is Day 1

Welcome to the 2024-25 school year. As a reminder, we will have an adjusted bell scheduled today.

Today's Motivation: Every journey begins with a simple step. Let today be the start of something new.

#### STUDENT COUNCIL

Exciting things are happening, and we want YOU to be a part of it! Come to our Student Council meetings every Tuesday at 2:30 PM in the Cafeteria, starting September 10. This is your chance to help us brainstorm and decide on amazing themes for Homecoming and Spirit Week! Everyone is welcome, and we'd love to hear your ideas and energy. Don't miss out on the fun and the opportunity to make a difference!

#### RCK APPAREL

Please consider supporting Ketcham Cross Country by purchasing something from our apparel store. Your contribution directly benefits our team, and we truly appreciate your support.  
<https://www.hometownapparel.com/rck-xc>

#### SENIOR PORTRAITS

SENIORS do not wait to get your Senior Portrait done now. All SENIOR PORTRAITS must be completed through Legacy Studios by December 31st. Next set of dates are 9/25-9/27 and 10/28-11/1. Make your appointment today! <https://seniors.legacystudios.com/roy-c%20-ketcham-hs/>

September is National Recovery Month from mental health and substance use disorders. This year's theme is The Art of Recovery. Recovery Month, which started in 1989, is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

September is also National Suicide Prevention Month – a time to remember the lives lost to suicide, acknowledge the millions more who have experienced suicidal thoughts, and the many individuals, families and communities that have been impacted by suicide. It's also a time to raise awareness about suicide prevention and share messages of hope.

If you or someone you know is struggling with mental health and substance use, please come see Mrs. Blades in room 224 by the cafeteria.

Make this a great day RCK and remember to go #All In All Ways.

Your principal,  
Dave Seipp