



# Indian Hills High School

## Weekly Bulletin

### June 1-5



## YOUR WEEK AHEAD

Monday 6-1	Tuesday 6-2	Wednesday 6-3	Thursday 6-4	Friday 6-5
<b>Day 4</b>	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>

## PARKINSONS WALK

Moving Day Community Walk is coming to the FLOW community! Our community is getting together to help raise awareness and funds for the Parkinson's Foundation. Your support will help the Parkinson's Foundation advance research, provide educational resources, and fund programs that make life better for people living with Parkinson's disease.

Scan the QR code to sign up/donate!  
No registration fee - donations are appreciated



**13 JUNE, 2026 | 9:45 AM**

Indian Hills High School, Oakland NJ

[https://secure.parkinson.org/site/TR?team\\_id=95054&fr\\_id=6938&pg=team](https://secure.parkinson.org/site/TR?team_id=95054&fr_id=6938&pg=team)

[Kwrocklage5@gmail.com](mailto:Kwrocklage5@gmail.com)



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IHHS HOSA

## COMFORT CASES DRIVE



SCAN THIS QR CODE TO  
ACCESS OUR WISHLIST!

IHHS HOSA is hosting a drive with the non-profit organization Comfort Cases, aimed to provide comforting items to children in the foster care system.

### ITEMS NEEDED

- Coloring pages
- Crayons
- Stress toys
- Ear plugs
- Books
- Socks
- Blankets

### BRING ITEMS TO ROOM 805!



## Let's Get Moving!

Move your body. Support your mind.

### Did you Know?

- Moving your body can help reduce stress and anxiety.
- Exercise releases "feel-good" chemicals in the brain called endorphins.



mental  
health  
matters

- Even 10–15 minutes of movement can help boost your mood.
- Physical activity can improve focus, memory, and concentration.
- Teens who stay active often report better sleep and more energy.



Need a healthy way to  
de-stress this summer?



Teens ages 14–19 can get a FREE summer gym membership at Planet Fitness from June 1–August 31.

Check out the High School Summer Pass Program to learn more.  
<https://www.planetfitness.com/summerpass/pre-registration>

Your mental health matters – we're here to talk.

Mrs. Cornell, SAC & Ms. Saladino, SAC



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INDIAN HILLS HIGH SCHOOL 2026

# FALL VARSITY GYMNASTICS

**MEET THE NEW COACH**

**INTEREST MEETING**

- Date:** June 3<sup>rd</sup>, 2026
- Time:** 11:30am
- Location:** Wellness Room
- Contact:** jduncan@rih.org

*All skill levels welcome!*

GIRLS INTERESTED IN BEING

# VOLLEYBALL MANAGERS

FOR THE UPCOMING SEASON!

- 3 STATS/SCORE BOOK**  
Help keep track of the game and the stats!
- 1 SCOREBOARD FOR HOME GAMES**  
Run the scoreboard and help keep the game on track!
- 1 FLAG GIRL FOR HOME GAMES**  
Help line judge and support our team!
- 1 SOCIAL MEDIA COORDINATOR**  
Capture the action and share our team spirit!

**BE PART OF THE TEAM!**

**REACH OUT TO COACH DOLCE WITH INTEREST** | [rdolce@rih.org](mailto:rdolce@rih.org)



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**THE SUSTAINABLE OAKLAND GREEN TEAM PRESENTS:**

# 2026 GREEN OAKLAND PHOTO CONTEST!



Submit your best photos showcasing the natural beauty of our borough! All photos should be taken within Oakland from January - November 2026

**PRIZES INCLUDE:**

- ✓ First Place: \$150 Amazon Gift Card
- ✓ Second Place: \$75 Amazon Gift Card
- ✓ Third Place: \$50 Amazon Gift Card

**All winning photos will be displayed at the Oakland Library!**

Submit high resolution photos with a description of location to:  
[greenteam@oakland-nj.org](mailto:greenteam@oakland-nj.org)  
 Please include "Photo Contest" and your name in the Subject Line



## NEXT WEEK'S SCHEDULE

Monday 6-8	Tuesday 6-9	Wednesday 6-10	Thursday 6-11	Friday 6-12
<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 1</b>