# STUDENT SERVICES



## SENIOR SCHOLARSHIPS DUE FEBRUARY 2ND

The deadline for submitting the Marathon High School Scholarship Application and all supplementary Marathon-affiliated scholarships is Friday, February 2nd. Seniors must submit their applications via the Google Classroom no later than 3:00 P.M. sharp! Late submissions will not be accepted.

Students are strongly encouraged to consistently check the **school website** for opportunities to apply for local, state and national scholarships they may be eligible for this year.

# 9TH - 11TH GRADE ASSESSMENTS MARCH 19, 2024

On Tuesday, March 19th, all 11th grade students are required to take the

**ACT+Writing**, which will be administered digitally using school-issued Chromebooks.

The registration process for this exam occurs at school and there is no exam fee assessed to families. Additionally, students will have the option to select up to 4 colleges or universities that they would like to send their score to for free.

On Tuesday, March 19th, all 9th and 10th grade students are required to take the **Pre-ACT Secure**, which will be administered digitally using school-issued chromebooks.

All 9-11th grade students requiring additional test supports will be contacted by school officials to discuss exam administration dates and policies.



Current Sophomores and Juniors who elected to take college courses next school year (24-25) must return their <u>Early College Credit</u> / <u>Start College Now</u> / <u>Distance Learning</u> paperwork by Friday, February 9, 2024.

Students must also submit a **Course Payment Agreement Form** to be eligible for the course.

Students are encouraged to meet with Ms. Aune if they have any questions. Failure to turn in the required paperwork will result in removal from the college-level course.

#### **BADGER BOYS STATE**

Applications for <u>Badger Boys State</u> are now available. Junior males should see Ms. Aune if interested in attending this event, which runs June 9-15, 2024 at the University of Wisconsin - Eau Claire.

Badger Boys State educates young leaders on how to become more impactful community members of Wisconsin.

During the program, high school students between their junior and senior years learn how our government system works by creating their own city, county, and state level governments. Over 850 participants leave feeling inspired by the lifelong lessons and relationships developed at Badger Boys State.



Feb. 1: Navy Rep Visit

Feb. 5-9: Nat'l School Counseling Week

Feb. 12-16: Winter Carnival Week

Feb. 14: Navy Rep Visit

Feb. 21: Northcentral Tech Rep Visit

Feb. 21: UW-Platteville Rep Visit

Feb. 23: UWSP Career Expo, Juniors



The FAFSA® is getting a makeover with the hopes of making it even easier for students and their families to submit.

Not only will there be fewer questions on the FAFSA® to answer, and fewer requirements overall, your tax information will be retrieved through a direct data exchange with the IRS. The U.S. Department of Education (ED) also estimates we should see in increase to the number of students eligible to receive the Federal Pell Grant.

Learn More & Complete Your FAFSA HERE.

### **COLLEGE GOAL WI**

<u>College Goal WI</u> will be held on February 1, 2024 at Northcentral Technical College beginning at 6:00 P.M.

College Goal Wisconsin is affiliated with a national event that provides free information and assistance to families who need to complete the Free Application for Federal Student Aid (FAFSA®) the federally required form for students seeking financial aid, such as grants and loans. Completing the FAFSA is the first and most important step in qualifying for aid.



On Tuesday, February 20 from 12:00-1:00 pm, the Fair Opportunity Project and Wisconsin Coalition on Student Debt will host a live info session on What's New with FAFSA and How to Get Help with University of Wisconsin-Madison's Office of Student Financial Aid's Communications Manager, Karla Weber Wandel. We're dedicating half the session to answering your questions—we're ready! REGISTER HERE

#### What to Bring to College Goal WI

WANT CASH FOR COLLEGE? ATTEND A

# **COLLEGE GOAL WISCONSIN 2024**



#### FAFSA COMPLETION EVENT

Free assistance completing the FAFSA at 40+ Wisconsin locations

Do you have questions on how to complete the FAFSA (Free Application for Federal Student Aid)? The FAFSA is the form a student needs to complete to apply for financial aid, such as grants and loans. Plan to attend a College Goal Wisconsin event in-person or virtually to receive free information and assistance completing the FAFSA.



You will need the following items in order to complete your 2024-25 FAFSA. If you are considered a dependent student for financial aid purposes, you will also need these items for your parent(s).

- 2022 Federal Tax Return and W2s
- 2022 Untaxed Income Records, such as child support or veteran's non-education benefits
- Information on savings, investments, business assets and farm assets (if applicable)
  - Driver's License (if you have one)
- ☐ Cell phone (if you have one)
- Social Security Number
- Alien Registration Card or Permanent Resident Card (if you are not a U.S. citizen)
- Date of birth for parents
- Month and year of parents' marriage, divorce, or separation
- FSA ID (if you have one). To create an FSA ID, please visit studentaid.gov. Every student and at least one parent if the student is considered a dependent student needs one

It is highly recommended that a dependent student attend the event with a parent so the FAFSA can be submitted that day.



College Goal Wisconsin



@CollegeGoalWI



@CollegeGoalWI



www.CollegeGoalWl.org

# Attend and enter to win a scholarship!





































**IN-PERSON EVENT DATES** Adams January 22

VIRTUAL DATES

Wednesday, January 10

Wednesday, January 17 Wednesday, January 24

\*Wednesday, January 31 Events start at 6 p.m.

Please register at www.collegegoalwi.org

\*This event will be in Spanish

Appleton January 11 Ashland January 29 Balsam Lake January 8 January 24

Baraboo January 9 Beloit January 9 January 8 Brussels

**DeForest** January 10 Eau Claire January 31

Fitchburg February 1 Green Bay January 9, 11 Keshena February 1

Lake Geneva January 18 January 23 Laona

Madison January 8, 17, 18 Marinette January 10

Marshfield January 31 January 11, <del>17</del>, 22, Milwaukee

24, 30, February 7

Minocqua January 17 New Richmond January 30 Oak Creek January 10

Onalaska January 23 Oshkosh January 25 Platteville

January 16 Portage January 24 Reedsburg January 18

Rice Lake January 25 Ripon February 1

Shawano January 10 River Falls February 1 Sheboygan January 16

Spooner February 1 Stevens Point January 17

Sun Prairie January 10 January 25 Superior Waukesha January 24, 30

February 1 Wausau **Wautoma** January 17

West Allis January 17 West Bend January 16

Westfield January 17

Wednesday, January 10

Wednesday, January 17

Wednesday, January 24

\*Wednesday, January 31

\*This event will be in Spanish

Please register at

#### www.collegegoalwi.org

The event will start with a short presentation on tips to complete the FAFSA. After the presentation, you will be able to ask your questions and receive individual assistance to complete the FAFSA.



### IN-PERSON EVENTS begin at 6 p.m.

#### **Monday, January 8**

#### **BALSAM LAKE RESCHEDULED 1/24**

Unity High School 1908 150th St / HWY 46 N

#### **BRUSSELS**

Southern Door High School Library 2073 County DK

#### MADISON

Vel Phillips Memorial High School 201 S Gammon Rd

#### Tuesday, January 9

#### **BARABOO**

UW-Platteville Baraboo Sauk County 1006 Connie Rd

#### **BELOIT**

Beloit Public Library 605 Eclipse Blvd

#### **GREEN BAY**

Green Bay Preble High School 2222 Deckner Ave

#### Wednesday, January 10

#### **DEFOREST**

DeForest Area High School 815 Jefferson St

#### **MARINETTE**

NWTC Marinette Campus 1601 University Dr

#### **OAK CREEK**

Milwaukee Area Technical College - Oak Creek 6665 S. Howell Ave

#### **SHAWANO**

NWTC Shawano Center 111 Thomas Ave

#### **SUN PRAIRIE**

Sun Prairie East High School 888 Grove St

#### Thursday, January 11

#### APPLETON

Fox Valley Technical College 825 N Bluemound Dr Use Entrance 10 or 1

#### **GREEN BAY**

Green Bay West High 966 Shawano Ave

#### **MILWAUKEE**

Milwaukee School of Languages College and Career Center 8400 Burleigh St

#### Tuesday, January 16

#### **PLATTEVILLE**

UW-Platteville Hickory/Main St

#### **SHEBOYGAN**

UW-Green Bay Sheboygan Campus 1 University Dr

#### **WEST BEND**

West Bend School District 1305 E. Decorah Rd

#### Wednesday, January 17

#### **MADISON**

Madison East High School 2222 E. Washington Ave

#### **MILWAUKEE**

Milwaukee Academy of Science 2000 W Kilbourn Ave

#### **MILWAUKEE RESCHEDULED 2/7**

South Division College and Career Center 1515 W Lapham Blvd

#### **MINOCQUA**

Lakeland Union High School 9573 Hwy 70 West

#### **STEVENS POINT**

UW-Stevens Point 1901 4th Ave, 1st floor

#### **WAUTOMA CANCELLED**

Wautoma High School 514 South Cambridge St

#### **WEST ALLIS**

Milwaukee Area Technical College - West Allis 1200 S. 71st. St

#### WESTFIELD

Westfield High School N7046 County Rd M

#### Thursday, January 18

#### **LAKE GENEVA**

Badger High School 220 E South St

#### **MADISON**

LaFollette High School 702 Pflaum Rd

#### **REEDSBURG**

Madison College - Reedsburg Campus 300 Alexander Ave

#### Monday, January 22

#### **ADAMS**

Adams Friendship High School 1109 East North St

#### **MILWAUKEE**

Boys & Girls Clubs of Greater Milwaukee The Ready Center Powered By The Milwaukee Admirals 1916 N. Vel R. Phillips Ave

#### Tuesday, January 23

#### LAONA

Laona School District 5216 Forest Ave

#### **ONALASKA**

Onalaska High School 700 Wilson St

#### Wednesday, January 24

#### **BALSAM LAKE**

Unity High School 1908 150th St / HWY 46 N

#### **MILWAUKEE CANCELLED**

Messmer High School 742 W. Capitol Dr

#### **PORTAGE**

Madison College - Portage Campus 330 W Collins St

#### **WAUKESHA**

Waukesha North High School 2222 Michigan Ave

#### Thursday, January 25

#### **OSHKOSH**

UW-Oshkosh - Sage 1208A 800 Algoma Blvd

#### **RICE LAKE**

Northwood Technical College 1900 College Drive

#### **SUPERIOR**

UW-Superior, Swenson Hall 1610 Weeks Ave

#### Monday, January 29

#### **ASHLAND**

Northwood Technical College 2100 Beaser Ave

#### Tuesday, January 30

#### **MILWAUKEE**

Riverside University College and Career Center 1615 E Locust St

#### **NEW RICHMOND**

Northwood Technical College 1019 South Knowles Ave

#### WAUKESHA

UW-Milwaukee at Waukesha 1500 N. University Dr

#### Wednesday, January 31

#### **EAU CLAIRE**

Chippewa Valley Technical College 620 W Clairemont Ave

#### MARSHFIELD

UW-Stevens Point Marshfield Campus 2000 W 5th St, Room 131

#### Thursday, February 1

#### **KESHENA**

College of Menominee Nation - Library N172 State Highway 47/55 Enter Shirley Daily Hall/Glen Miller Hall Main Entrance

#### **FITCHBURG**

Boys & Girls Club of Dane County 4619 Jenewein Rd

#### RIPON

Ripon College 400 Union St

#### **RIVER FALLS**

UW-River Falls David Rodli Hall, 512 Sixth St

#### SPOONER

Spooner High School 801 CTY Hwy A

#### WAUSAU

Northcentral Technical College 1000 W Campus Dr

#### Wednesday, February 7

#### **MILWAUKEE**

South Division College and Career Center 1515 W Lapham Blvd

#### Get Connected!

College Goal Wisconsin

@CollegeGoalWI

www.CollegeGoalWI.org



# **Money Smart Wisconsin**

# **2024 Scholarship Application Deadline: March 8, 2024**

In support of Money Smart Wisconsin (April 6 - 13, 2024),

the <u>Wisconsin Coalition on Student Debt</u> and its partner organizations are sponsoring a Money Smart 2024 Scholarship Contest. Wisconsin's graduating high school seniors are encouraged to answer this year's Money Smart Question for a chance to win one of several scholarships to be given as a \$1,000 Edvest account.

Student loan debt in Wisconsin for students who graduated with a bachelor's degree in 2023 averaged \$31,550. About two-thirds of all college students take out loans to pay for their educational costs.

We want to hear your plan to pay for college, how the cost of college and potential student debt you may incur will affect your career choices, and what impact this scholarship may have for you.

#### THE 2024 ESSAY – use each bullet below to form your essay.

- Describe your plan to pay for college. Include a summary of the various costs (tuition, housing & food/meal plan, textbooks, computer, fees, transportation, other cost of attendance expenses).
  - Tip: To help estimated expenses, look for your intended school at the US Department of Education website (<a href="https://collegecost.ed.gov/net-price">https://collegecost.ed.gov/net-price</a>) or search the name of your school + net price calculator.
- Once you've summarized the estimated cost explain how you plan to pay for college.
  - Discuss the various resources (i.e., grants, scholarships, student aid, jobs, financial support from family) you will need to attend and complete a degree at your chosen college.
  - Did you complete the <u>Free Application for Federal Student Aid</u> FAFSA?
  - If you plan to take out educational loans, how will you minimize and/or manage your student loan debt?
  - How does your potential student loan debt compare to the potential salary in your chosen field?
- Finally, describe your understanding of the cost of college and educational debt.
  - How will you manage any student debt in relation to your expected future salary?
  - How will it impact your life over the next few years?
  - Include ideas on how you plan to manage your money, school and/or work responsibilities and ultimately meet your college and career goals.

Thank You To Our
Money Smart
Scholarship Sponsors

#### **GUIDELINES**

#### **Candidate Must:**

- Be a resident of Wisconsin, graduating high school senior and plan to attend a Wisconsin college or university.
- Student or parent/guardian must have a valid SSN.
- Demonstrate key money management knowledge (budgeting, investing, use of credit, etc.).

#### To Apply:

- Essay, up to 1500 words, must be typed and double spaced.
- The essay must be concise and written by the student submitting the essay.
- The Money Smart Scholarship Application must be signed by the student and a parent/guardian and attached to the essay.
- The essay and application should be emailed as a PDF or scanned attachment to: mailto:MoneySmart@debtsmarts.org

#### **Important Information:**

Direct questions about this Money Smart Scholarship Contest to the above email and the attention of **Cheryl Rapp**.

All essays become the property of the WI Coalition on Student Debt and may be used by members to promote financial literacy.

Award recipients only, will be contacted between April 6 - 13, 2024.

Winners' names will be shared with their high school for possible announcement at School Award Ceremonies.

All submissions must be *received* before midnight March 8, 2024.



### **Money Smart Wisconsin**

# 2024 Scholarship APPLICATION

#### **SCHOLARSHIP APPLICATION** - (*Please print when completing information below*)

STUDENT NAME:		AGE: GRADE:
HIGH SCHOOL:		
SCHOOL ADDRESS:		
CITY:	ZIP:	PHONE:
HOME ADDRESS:		COUNTY:
CITY:	ZIP:	PHONE:
EMAIL (WILL BE USED TO CONTACT WINNER): _		
COLLEGE YOU PLAN TO ATTEND IN FALL 2024: _		
CITY:	ZIP:	
HAVE YOU APPLIED AT THIS COLLEGE?: Ye	s □ No □	HAVE YOU BEEN ACCEPTED?: Yes ☐ No ☐
ARE YOU A FIRST GENERATION STUDENT?: Ye	s □ No □	
		, vouch that the attached essay
(PARENT/GUARDIAN NAME - please print)		
is fully and solely the work of my child,		(STUDENT NAME - please print)
And I give permission for my child to participate release photos and personal information for the		s of Money Smart Wisconsin 2024, including consent to
(PARENT/GUARDIAN SIGNATURE)		(DATE)
(STUDENT SIGNATURE)		

Complete this form, include all information requested, sign the form where indicated, be sure to attach it to the front of your essay and email it all to MoneySmart@debtsmarts.org

Visit <a href="https://debtsmarts.org/essay-contest">https://debtsmarts.org/essay-contest</a> for more information.

# 2024 CAREER EXPLORATION DAY

# SAVE THE DATE

Friday, **Feb. 23, 2024** 

11:15 a.m. - 2:15 p.m.

# Location

UW-Stevens Point at Wausau campus 518 S. 7th Ave., Wausau

### Who

Bring your 9-12 grade students

# Our Career Exploration Day is being organized around the ACP Career Clusters.

Spread across the UW-Stevens Point at Wausau campus, spaces will be dedicated to each Career Cluster. Each space will feature:

- Hands-on demos from area employers to illustrate careers in the cluster
- Information from regional higher ed providers for the pathways to careers in the cluster

#### Other fun activities will focus on college and career readiness.

This event is organized for all central Wisconsin high schools and will focus more heavily on careers involving post-secondary education, but we will be featuring a wide variety of career paths and options for students to connect with potential employers.



RSVP with an estimated number of students and contact person by **January 8** by calling 715-261-6235 or emailing **uwspwausau@uwsp.edu**. We will follow up with logistics.

# UWSP Career Expo \* Junior Class Field Trip Permission Form \*

Connect with employers & learn about the next steps to attend college during the 2024 Career Exploration Day at UW-Stevens Point at Wausau. Students will participate in hands-on experiences with businesses in the Central Wisconsin community and attend the "Finding the Right Fit" college admissions presentation. This expo will focus more heavily on careers involving post-secondary education.

Submit the completed field trip permission form to Ms. Aune no later than **Wednesday, February 7, 2024.** 

Schedule:

12:00 p.m. - Board bus @ MHS by front entrance;

12:15-1:30 p.m. - UWSP Career Expo events 1:30-2:00 p.m. - "Finding the Right Fit" presentation

travel to Wausau (approx.12 miles)

2:00 p.m. - Depart for Marathon

Event/Location: UWSP Career Expo, Wausau

Date: Friday, February 23, 2024

campus

Cost: \$0

Transportation: District contracted school bus  Requirements: Juniors	<b>Registration deadline:</b> Wednesday, February 7, 2024. Space is limited to junior students.
PLEASE READ CAREFULLY & COM	PLETE ALL INFORMATION BELOW
Child's Name:	
Does your child have any medical concerns of which we sl If yes, please explain:	
Does your child have any serious allergies? Yes No _	
Is your child receiving any medication? Yes No _ Will this medication need to be given by school per Have you filled out a medication Permission Form If NO, please obtain a form from the school office a	rsonnel during the field trip? Yes No for the school? Yes No
In order to safeguard my physical health and safety and that or reputation of Marathon High School while on any field trip, I at 1. Observe all public laws and ordinances, including transcritizenship, decorum and courtesy.  2. Observe all rules of the host institution or agency that 3. Observe all Marathon High School rules and regulation regulations.  4. Refrain from the purchase, distribution, or consumption	gree to:  ffic laws as well as the usages and customs of good  t apply to visitors or the general public.  ons including all rules of student conduct and bus riding
I HAVE READ AND UNDERSTAND THE RULES OF THIS F UNDERSTAND THAT VIOLATIONS AND MISCONDUCT WI required if student is under 18 years of age).	ORM, AND I AGREE TO ABIDE BY THEM. I ILL RESULT IN DISCIPLINARY ACTION. (Parent signature
Student Signature	Date
Parent Signature	Date

 $-\square \times$ 

Level up by becoming a coder this summer. Get the skills, network, and community you need to change the world with our two free programs.

## WELCOME TO THE GAME, CHOOSE YOUR ADVENTURE.

# VIRTUAL SUMMER IMMERSION PROGRAM

#### Ready for a multiplayer experience?

Build a network and invest in your future in live classrooms hosted by top companies.

#### Who gets to join?

 9th-11th grade girls and non-binary high school students, with or without prior coding experience, including alums.

#### What will you learn?

 Design computer games using p5.js, a JavaScript library for creative coding.

#### What's in it for you?

- Find support and community from devoted Teaching Teams and classmates.
- Get career inspiration and mentorship from exclusive Partner Events.
- Enhance your experience with grants and laptop and hot spot access.

#### When does the program take place?

- Round 1: June 14 June 28
- Round 2: July 8 July 19
- Round 3: July 29 August 9
- Classes meet M-F for 2-3 hours, followed by independent work time and optional Student Hours.

# SELF-PACED SUMMER PROGRAM



#### **Prefer single-player life?**

Explore hot topics in tech and become a coder on your own schedule.

#### Who gets to join?

 9th-12th grade girls and non-binary high school students, with or without prior coding experience, including alums.

#### What will you learn?

 Choose from courses in Cybersecurity, Data Science + AI, and Web Development tracks.

#### What's in it for you?

- Enjoy the flexibility to learn independently, at your own pace.
- Connect with fellow coders and Advisors through Discord and Student Hours.
- Apply your new skills to create projects with real-world relevance and impact.

#### When does the program take place?

July 1 – August 9

• Each course in a track takes 3-6 hours

to complete.



### **KEY DATES:**

Early decision deadline: February 14

Regular decision deadline: March 22

girlswhocode.com/summerapply

JOIN The fun:



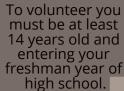


### **VOLUNTEER AT MARSHFIELD MEDICAL**

Marshfield Clinic **Health System** 

CENTER!

"I get the benefit of working with children and parents when families are at their most vulnerable when they have sick children"



**Orientation will** be held Wednesday, March 6th and Saturday March 9th, 2024.

This program is year round and offers many different opportunities for experience in the healthcare setting.



# Make a Difference in your Community

"Volunteering at Marshfield Medical Center has given me an opportunity to see what my future career would look like. The past 3 years I have dreamt of being a Child Life Specialist and when I saw the opportunity to volunteer with them, I knew I wanted to do it. "-Madisyn Lang, Volunteen since 2023 with over 61 hours to date.

IF YOU ARE INTERESTED IN **VOLUNTEERING, PLEASE CONTACT MELISSA DARR AT** DARR.MELISSA@MARSHFIELDCLINIC.ORG



# Mental Health Language



# ≥ STIGMA =

Stigma is when someone views a person in a negative way just because they have a mental health condition. Stigma often stems from lack of understanding or fear and can lead to discrimination. One contributing factor to the stigma around mental illness is language. Decreasing stigma through language helps to increase support and awareness for people living with a mental illness.



Person who lives with a mental illness

A person who lives with schizophrenia

Lives with, has, or experiences

Experiencing psychosis

Intellectual/Developmental Disability

Died by suicide

Died as a result of self-inflicted injury

Disclosed suicide

Experiencing thoughts of suicide Someone with a substance use disorder

Use or misuse

Substance free/No longer using

Person who tested positive for substance use

Newborn exposed to substances

A person in recovery That's so surprising/unpredictable/wild

The weather has been unpredictable

I spent all day cleaning my house

I am having a hard time paying attention

It was so embarrassing!

The mentally ill

Schizophrenic

Suffers from

Psychotic Break

Retarded

Committed suicide

Chose to kill themself

Threatened suicide

Suicidal

Addict/Junkie/Alcoholic

Abuse

Clean

Dirty

Born addicted

Ex-addict/former addict

That's so crazy/insane

The weather is so bipolar

I was so OCD today

I'm so ADD right now

I wished I was dead!

MENTAL ILLNESS LANGUAGE

Person-first language places the emphasis on

the individual, rather than on their diagnosis

or condition. A person is not their disorder, they are neighbors, parents, siblings,

professionals, friends, family, colleagues, loved ones. The person should always be placed first,

then their condition second. Using person-first

language can help to reduce and eliminate stereotypes and stigma.

Some terms you may hear when someone refers to their personal mental health issues include "peer," "survivor," "person with lived experience," or "person in recovery," among others. Mental health providers still routinely use the terms "consumer," "client," and "patient" depending on the specific treatment setting At NAMI, we use the terms "peer" to describe anyone who identifies as living with a mental illness, and "family member" to describe anyone with a loved one who lives with a mental illness.

Your language matters, thank you for making a conscious effort to reduce stigma and discrimination for those living with a mental illness and their families.





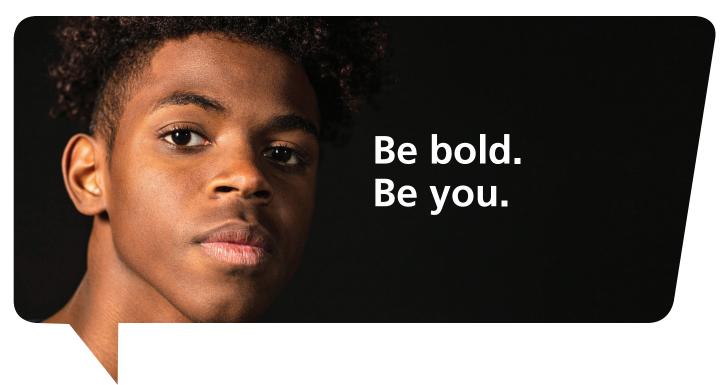
**NAMI** Wisconsin

namiwisconsin.org

Substance Use Common Ahrases







Get started with the **Live Vape Free**<sup>SM</sup> program for support to help you quit vaping in a way that works for you. It's easy, and all you need is your mobile phone. You'll get text support to set your own quit date, plus help to take steps toward putting your health first — free from vaping.

#### Find your path to quitting with Live Vape Free



#### Initial assessment

Initial assessment allows you to see where you are, learn what motivates you and get next steps.



#### Interactive content

You'll be served up quick and easy activities, like videos, quizzes, self-assessments, audio and podcasts and more.



#### 1-on-1 support

Connect with a coach who has specific training on vaping and can offer tips, easy ways to guit and more.

To get started with support to quit vaping, text VAPEFREE to 873373

Msg & data rates may apply, terms and privacy information are available at https://www.rallyhealth.com/corporate/terms/en-US/ and these messages will be recurring. By sending us a text message, you also are verifying the number you wish to receive texts at and acknowledge and agree that our text messages, which may contain Protected Health Information (PHI), will be sent via unencrypted means and there is some risk of disclosure or interception of the messages.