

## **Monday, August 8, 2022**

Happy National Dollar Day



Lunch (Monday, Aug. 8) - chicken fried steak

Breakfast (Tuesday, Aug. 9) - french toast sticks

Lunch (Tuesday, Aug. 9) - spaghetti w/meat sauce

\*\*substitutions may be made due to supply chain issues

## **Announcements**

- After school study tables will be held on Mondays, Tuesdays, and Thursdays from 3:10-4:10. The location will be posted at the study hall door.
- Cheer will hold open gyms on Tuesday, August 9 and Tuesday, August 16 after school until 4:30 for anyone wanting to join cheer should see Mr. Stephens for details.
- Any junior interested in being a class officer should respond to Mrs. Chastain's email by the end of the day today.
- Reminder to students and staff: NO FOOD or DRINKS are to leave the cafeteria during breakfast or lunch. Thank you for your cooperation!
- Tuesday, August 23 is **picture day** for the Jr/Sr High School
- Student athletes, please complete Final Forms.
- Any 7th or 8th grade girl interested in playing volleyball this year should sign up in Mrs. Dalton's room. You must have a physical before beginning practice.
- The JH REC Center is open. Students must have an enrollment form filled out to participate. Forms are available in the HS office or the REC Center.

## **Athletics**

There are no athletic contests this evening.

People do not decide their futures; they decide their habits and their habits decide their futures. -F. Matthias Alexander