

## **Wednesday, September 30**

Happy National Chewing Gum Day!

Lunch (Wednesday, Sept. 30) - nachos w/beef & cheese or mini corn dogs

Breakfast (Thursday, Oct. 1) - sausage pancake wrap

Lunch (Thursday, Oct. 1) - general tso chicken w/rice or spicy pepperoni calzone

### **Announcements**

- There are many items in the **lost and found**. It will be cleaned out at the end of the week.
- Just a reminder that students are NOT to be in the elementary building for any reason other than choir. IF you are not feeling well, you should come to the high school office and the nurse will come to our building. Thank you!
- There will be **6th grade cheer** practice Thursday 4:00 - 5:30 in the elementary gym.

### **Athletics**

4:15 JH Cross Country vs Shoals

Happiness is letting go of what you think your life is supposed to look like and enjoying it for everything that it is. --Mandy Hale