

**Conrad Weiser High School**  
**Monday, February 1, 2016**  
**Day 4**

**Entrée (select one):** Hot & Spicy Chicken Patty

**Sides (select at least two):** Mashed Potatoes, Lettuce & Tomatoes, Fresh Broccoli w/Dip, Peaches, Fresh Fruit

**Milk (may select one)**

**Attention all students:** Please return any **elevator keys** you are not using asap. There is a \$5 charge for any key not returned.

**Any student who had Mrs. Moore first semester** and did not pick up their final project may do so until Friday, February 5<sup>th</sup>. Any projects not picked up by this date will be discarded.

Students, please let your parents know that Open House is Thursday, Feb. 4 at 6:45. Schedules will be available in the Auditorium lobby. We will be following a Day 1 schedule. There is a meeting for Junior Parents in the Auditorium at 8:05. Refreshments will be served.

**Attention Reading Olympics group:** It is time to get back into the swing of getting ready for our April competition. We will have meeting on Tuesday 2/2 during MPP – see the LMC for a pass!

**Attention Seniors!** It's time to fill out your Senior Bio Write-up for next to your picture in the yearbook. You can pick up the form in the copy room or access a form on the W drive (D wing > Grajewski> yearbook > senior forms) to type in your information. Handwritten forms must be neat and legible. Completed forms are due by Monday, February 8<sup>th</sup> in Mrs. Grajewski's mailbox or drop off in D210.

**Attention JCL'ers:** Convention registration money \$165 is due!! Please bring it in tomorrow!!

This Wednesday our **Peak Performance seminar** will be offered immediately after school in the weight room. The topic will be **PERFORMANCE NUTRITION. Please track at least two days of food intake including beverages and the time of consumption.** YOU WILL NEED TO BRING THIS TO THE SEMINAR! Nutrition is a key component to strength gains in the weight room as well as in their athletic performance. Hope to see some of you there!

**Sports Results:**

B V Basketball: CW (53) vs. Fleetwood (39)

CW (45) vs. Trinity (67)

G V Basketball: CW (48) vs. Pottsgrove (40)

B Bowling: CW (3) vs. Antietam (0)

G Bowling: CW (2) vs. Antietam (1)

Early Dismissal for Sports

Dismiss

Mon	2/1	B V Basketball	Red Lion Area Sr HS (JV First, V to follow)	A	6:00	3:35
Tues	2/2	Coed Bowling	Schuylkill Valley @ Berks Lanes	H	3:30	2:30
		B V Basketball	Twin Valley	H	6:00	
		G V Basketball	Twin Valley	A	6:00	4:00
Wed	2/3	B V Basketball	Milton Hershey School	H	6:00	
Thurs	2/4	Coed Bowling	Exeter @ Berks Lanes	H	3:30	2:30
		G V Basketball	Elco	H	4:00	
Sat	2/6	JH Wrestling	Wyomissing JH Wrestling Tournament	A	10:00	7:15

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Don't forget to get your **Mini-THON permission slips** turned in! The deadline is quickly approaching!

Have you signed up for Mini-THON yet? See a member of the planning team during lunch at the t-shirt table.

Don't forget to buy your **Mini-THON t-shirt!** Buy one at lunch for \$7!

Reminder to **JCL'ers** who plan to attend the State Convention: Registration \$165 is due on Monday, Feb. 1<sup>st</sup>.

**Attention all students interested in spring track:** There will be a meeting on Monday, Feb. 8 during MPP in the auditorium. You should attend even if you have already signed up. Please stop by the office for a pass.

**CW Travels Meeting** – Students interested in traveling to Europe in 2017 should meet on Monday, Feb. 1<sup>st</sup> in C107 during MPP. We are covering a variety of topics including fundraising. We have a parents meeting on Feb. 4<sup>th</sup> @ 6:00 p.m in C107 of the HS. This parent meeting is for all parents who have students enrolled in the Europe Trip. Topics we will cover at the parent meeting will be fundraising strategies, enrollment concerns, destination concerns and forming a fundraising committee that will help 'steer' our fundraising efforts. See Mr. Bright for a pass to the student meeting on Monday during MPP. Students, ask your parents or guardians to attend the parent meeting. This meeting is on the same evening as Open House so I hope to see a lot of parents and students @ 6:00 p.m. on Feb. 4<sup>th</sup>.

**NHS Members** should attend the NHS meeting Tuesday, February 2, during MPP in room C207. We will be finalizing Open House plans and preparing for the March 3 Miller Keystone bloodmobile visit.

BAC will resume practice Thursday (Feb 4) after school.

**Mini-THON T-shirts** will be available starting Thursday, 1/28 at all lunches! The shirts cost \$7. If you bring exactly \$7, you will get a special gift from the CW Mini-THON planning team! Even if you are unable to attend the actual Mini-THON even, consider supporting this awesome cause by buying a t-shirt!

#### **Instructions for Spring Sports:**

- If an athlete played a fall or winter sport, they will need to complete a Spring Recertification form. They are available in the high school office, middle school office, or on the Sports website. If any injury has occurred since the initial physical was done, a completed Section 8, signed by a physician, must be submitted.
- If an athlete completed a physical form and turned it in earlier this year for a spring sport, they should already be on a sports roster. They can stop in the high school office and check with Mrs. Bright
- If an athlete did not play a fall or winter sport, did not complete a physical packet yet, and would like to play a spring sport, they should complete a full physical packet and turn it into the high school or middle school office. Section 6 needs to be completed and signed by a physician.

**ATTENTION STUDENTS:** First Energy is still accepting applications for those interested in a career in the electric utility industry as a line worker or substation electrician. They are teaming up with local community colleges to offer an Associate of Applied Science degree in Electric Utility Technology. First Energy will be paying tuition, required books & lab fees for qualified students that are accepted. An information session will be held on Saturday, January 30<sup>th</sup> from 10:00am to noon at the RACC Schmidt Training & Technology Center. For additional information, visit [www.firstenergycorp.com/psi](http://www.firstenergycorp.com/psi) or call 1-800-829-6801. You may also visit RACC's website @ [www.racc.edu](http://www.racc.edu).

**GSA members and friends:** We will meet on **Monday, February 1**, during MPP in the chorus room. See Mrs. Strausser in the counseling office for a pass.

**CW Mini-THON** is less than a month away! Have you registered? Visit [www.cwhsminithon.com](http://www.cwhsminithon.com), click on "donate", and follow the directions to register. You do not have to supply any credit card information to register! Registration on our Donor Drive site is required (it stores all of the information we need from you in an orderly manner). Although we would prefer fundraising to take place on your donor drive page, your minimum fundraising goal of \$35 will be accepted in B106 in the form of one check or money order made payable to Conrad Weiser Area School District. See Mrs. Reber for more details.

Mr. Dietrich is still on the lookout for seniors willing to play in the **senior-faculty basketball game**. The faculty is on a winning streak, so now is the seniors chance to take back the title. The game will take place on Friday, February 19 at

7:00 pm. See Mr. Dietrich in C203 to sign up or for more information. Note: You do not need to be a basketball player to participate; however, decent athletic ability is required as the faculty is going to come out playing to win!

**YEARBOOKS** are still available! Go to [www.Jostens.com](http://www.Jostens.com) to order yours today. Don't miss out on the only book that will keep your high school memories for the rest of your life.

**Reminder to students taking AP courses this fall:** Exam fees (\$92/exam) are due by Thursday. Please turn your payment in to Mrs. Reber in B106 ASAP. If you are taking an AP course in the spring semester, do not panic. Exam fees will be discussed with you at a later time.