

Conrad Weiser High School
Tuesday, February 2, 2016
Day 5

Entrée (select one): BBQ Ribs w/Mac & Cheese

Sides (select at least two): Stewed Tomatoes, Spinach Salad, Corn Bread, Pears, Fresh Fruit

Milk (may select one)

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.

All physical paperwork should be returned to Mrs. Bright in the high school office by Friday, Feb. 12.

Congratulations to the cheerleaders who placed 1st in their competition over the weekend. Also, we had Emily Wenrich win the Tumble-Off and the stunt group, Emily Wenrich, Sarah Reed, Jada Talbot, Desii Getz & Marian Hawley who won the last lib standing. Great job ladies!

Attention girls soccer players: There will be a meeting on Thursday, Feb. 4, during MPP in room C106 for any girls interested in playing soccer. Please stop by the office for a pass.

Attention FFA Members: Spring STRAWBERRY SALE forms have arrived. See Mr. Serfass as soon as possible to pick up your order form. Order forms are due back February 22nd.

Attention Students going to **Costa Rica this summer**. Be sure to see Mr. Serfass before the end of the week in order to pick up the next fundraiser form.

Attention students planning to attend CW's first MiniThon on Feb. 19: Get your Dodge Ball teams ready! Teams should sign up in D109.

Sports Results:

B V Basketball: CW (32) vs. Red Lion (55)

Early Dismissal for Sports

Dismiss

Tues	2/2	Coed Bowling	Schuylkill Valley @ Berks Lanes	H	3:30	2:15
		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	2:15
		G V Basketball	Elco	H	4:00	
Sat	2/6	JH Wrestling	Wyomissing JH Wrestling Tournament	A	10:00	7:15

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 5th. 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 a meeting today, 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 8th in Mrs. Grajewski's mailbox or drop off in D210.

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!

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!

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. 1st in C107 during MPP. We are covering a variety of topics including fundraising. We have a parents meeting on Feb. 4th @ 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. 4th.

NHS Members should attend the NHS meeting today, 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.

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 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.

