

CONRAD WEISER MIDDLE SCHOOL

Tuesday, January 31, 2017

Day 1



“The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them.” Thomas Merton

Word of the Week: Invincible – Incapable of being conquered or subdued

Today's Lunch Menu:

Entrée (Select one): Hot & Spicy or Regular Chicken Patty on Bun; Hot Roast Beef & Cheddar; Tuna Salad

Sides: Carrot Snack Pack w/Dip; Steamed Broccoli; Mandarin Oranges; Fresh Fruit

Milk (May select one)

Also available every day: 100% juice; Yogurt; PB&J sandwich; Salad Bar Meal w/Breadstick

~NEWS~



Today is Mrs. Weiser's last day with us as our stupendous, substitute Librarian! Thank you for all your hard work and creativity. We enjoyed having you!



Trex Plastic Recycling by the numbers:

7.5 = our average pounds per large bag

270 = total large bags filled to date

2030 = total pounds of plastic collected since November 15th

We are doing an AMAZING job at keeping plastic from the landfills. At this point we are exceeding our numbers from last year. We thank ALL of you who have contributed, carried, weighed, or delivered during the contest. This is a group effort and our team is clearly working hard! Collections continue until April 14th!

~Clubs & Activities~
~Music~

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Band	7/8 Band	5 Band	6 Band	7/8 Band	5 Band	6 Band
Chorus	5 Chorus	6 Chorus	7/8 Chorus	5 Chorus	6 Chorus	7/8 Chorus

Mr. Lutz's Lessons – Day 1

- 9:39 Percussion A
- 10:12 Percussion B
- 10:45 Percussion C
- 11:18 Horn A
- 12:57 8th Superstars

Ms. Kopicz's Lessons - Day 1

- 8:00 Flute E
- 8:33 Flute F
- 9:06 MAKE UP
- 9:39 Flute H
- 10:12 Flute D

~SPORTS~

~Track and Field~

7th and 8th graders interested in kicking butt on the track team this year should show up to the LGI on Thursday, February 2nd during E/R. We need fast and long distance runners, ridiculously

high jumpers and beast-mode throwers! Be there or be square. - Coach Esser, Noll and Yuengel."

Any 7th and 8th grade girl interested in playing JH Softball should attend an informational meeting on Friday, February 3rd from 2:05 – 2:35 in the LGI.

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 middle school office, or on the **Sports page on the CW 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 middle school office and check with Mrs. Gresoi.
- 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 in to the middle school office. Section 6 needs to be completed and signed by a physician.

All physical packets must be turned in to the middle school office by Monday, February 13.

Sports This Week: January 30 – February 3

Date	Time	Sport	Location	Opponent	Dismiss	Depart
2/1	3:45	Boys JH Basketball	Away	Daniel Boone	2:10	2:25
2/1	3:45	Girls JH Basketball	Home	Daniel Boone		
2/4	9:30	Boys JH Wrestling	Away	Wyomissing JH Tournament		8:00