

CONRAD WEISER MIDDLE SCHOOL

Thursday, February 2, 2017

Day 3



Happy Ground Hog Day!

“One can never consent to creep when one feels an impulse to soar.” Helen Keller

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

Today's Lunch Menu:

Entrée (Select one): “Subway Day”, Calzone; Chicken Caesar Wrap

Sides: Fresh Cut Veggie Bar; Corn on the Cob; Applesauce; Fresh Fruit

Milk (May select one)

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

~NEWS~

Today is the first day of Rotation 7!

The next Locker Clean Out is scheduled for:

Locker clean-out will be from 2:00 – 2:30.

Tuesday, February 21 – Day 3	5th Grade
Wednesday, February 22 – Day 4	6th Grade
Thursday, February 23 – Day 5	7th Grade
Friday, February 24 - Day 6	8th Grade

~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 3 No Lessons Today

Ms. Kopicz's Lessons - Day 3

8:00 MAKE UP

8:33 Clarinet C

9:06 Clarinet D

9:39 Brass F

10:12 Saxophone B

~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
2/4	9:30	Boys JH Wrestling	Away	Wyomissing JH Tournament		8:00