

# CONRAD WEISER MIDDLE SCHOOL

Wednesday, September 7, 2016

Day 6

*“Life is what we make it, always has been, always will be.” Grandma Moses*



*Word of the Week: Savvy – well informed and perceptive; knowledgeable*

## **Today's Lunch Menu:**

**Entrée** (Select one): Salisbury Steak w/Roll; Grilled Cheese; Italian Hoagie

**Sides:** Mashed Potatoes; Steamed Broccoli; Peach Crisp; Fresh Fruit

**Milk** (May select one)

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

## **~NEWS~**

The Snack Shack is opening! Stop by on your way to sports practice, 2nd run, or before walking home to see what's available or purchase a snack or drink. The Snack Shack will be open Monday through Thursday from 2:45-3:15.

Happy Snacking!

## **~Clubs & Activities~**

*Are you interested in helping your home, school, and community? And interested in learning about Agriculture and having lots of fun while doing so? Then you should join the MS FFA! Some of our activities and meetings will begin at 2pm while some will meet after school. If you are unable to attend a meeting or activity, don't worry, we will keep you posted with our newsletters and social media. So, pick up a form in the main office or with Mrs. Meredith in F-3 and return it with your information by September 9<sup>th</sup> to be a part of our awesome club! And yes, even returning members must complete the form to rejoin.*

*Attention former Renaissance club members, please stop by Mrs. Light's room sometime during ER this week.*

### **~Music~**

**All students should turn in their Band and Chorus forms to either Mrs. Natale or Ms. Kopicz by FRIDAY SEPTEMBER 9th. There are extra forms in the band room if you need a new form to take home.**

### **~Sports~**

**Attention 5 and 6 graders... If you like to run or want to get into shape, join the Up Tempo Youth Running Club. Our fall after school session will begin Tuesday, September 13<sup>th</sup>. For more information, please see Mrs. Potthoff, Ms. Sanders, or stop by the office to pick up a flyer.**

**The cross country team is still looking for girls and boys to join the team this season. If you like to run or just want to get in shape, come out for junior high cross country. Please stop by the office for additional information!!**

#### **Sports This Week: September 6 - 9**

Date	Time	Sport	Location	Opponent	Dismiss	Depart
9/7	4:00	Boys Pony Football	Away	Twin Valley	2:00	2:15
9/8	4:00	Boys JH Football	Home	Blue Mountain		
9/9	3:45	Boys JH Soccer	Away	Berks Catholic HS	2:05	2:20
9/9	3:45	Girls JH Soccer	Home	Berks Catholic HS		