ANNOUNCEMENTS

MS YOUNG.
MR COLEMAN.
MINDFULNESS VIDEO

https://youtu.be/VZ_wdeog5Ek
Thursday October 8th

HISPANIC HERITAGE MONTH
Fun fact

Dr. Helen Rodríguez Trías was a public health expert and women’s rights activist. She served as the first Latina director of the American Public Health Association. Her understanding of how social and economic inequality shapes people’s health guided her career.
In 1921, Otero-Warren ran for federal office, campaigning to be the Republican Party nominee for New Mexico to the US House of Representatives. She won the nomination but lost the election by less than nine percent. She remained politically and socially active and served as the Chairman of New Mexico’s Board of Health; an executive board member of the American Red Cross; and director of an adult literacy program in New Mexico for the Works Projects Administration.
National Pierogis Day!

Each year, we set aside October 8 to celebrate everyone’s favorite flavorful Polish dumplings. Pierogis were traditionally considered a peasant food, but they eventually gained popularity and spread throughout all social classes—including nobles in Europe. We can see why—they’re made of unleavened dough, boiled, and then baked and fried with butter. Then, they’re stuffed with the most delicious of fillings: potato and cheese, potato and onion, cabbage, mushrooms and spinach... the list goes on! And if that isn’t decadent enough, Pierogi are often served with melted butter, sour cream, fried bacon crumbles, sautéed mushrooms and onions and/or green onion. If you’re pining for pierogi, come on and celebrate with us!
YUM YUM!!!!!!

- Turkey Ham and Cheese Ripper
- Celery
- Baby Carrots
- Beans
- Juicy Orange
- Canned Pears
- Milk
CELEBRATION!!!!!!

- **Viking of the Week**
  - 6th Grade: Jeremy Bass and Courtney Lamb
  - 7th Grade: Brandon Rodriguez and Mylee McMichael
  - 8th Grade: Isaac Marschall and Daniella Nanduhura
  - Teacher: Tori Pine

- **Viking Shout Out:**
  - 6th Grade: Tyrik Smith for being respectful. Ja’leiah Williams for being respectful.
  - 7th Grade: Amelia Maltsbarger for being responsible. John Slight for being respectful.
  - 8th Grade: Chrishaun Jackson for being respectful. Fidel Okoko for being respectful.
IT'S A GAME DAY!!!!

West Middle Football vs Oakland Middle School 5 PM
at Hickman High School.

Due to COVID, only two people from players’ families can attend.

Everyone else is encouraged to cheer them from home. Go Vikings!!!
83 Degrees.
Sunshine and Clouds mixed.
Every day is a chance to learn.