Mindfulness Video

https://www.youtube.com/watch?v=HK_cbpnzGqI&feature=youtu.be
Today is National Swap Ideas Day!

This unofficial holiday is a celebration of the collaborative spirit. It promotes the notion that knowledge grows best when shared and that best ideas come about through teamwork. After all, two (or more) heads are better than one!
Today’s Weather

Today the high will be: 79 and cloudy
IT’S GAME DAY

West Middle Football vs. Jeff Middle at 7 PM at Rock Bridge High School

Due to COVID, only two people from player’s families can attend. Everyone else is encouraged to cheer them from home. Go Vikings!!!
believe in yourself!

YES!

You Can Do It!