MINDFULNESS VIDEO

HTTPS://YOUTU.BE/EYM9FKWQC0Q
It's Patriot Day

On September 11, Patriot Day gives all of us time to reflect on the devastating terror attacks that took nearly 3,000 lives. We commemorate those who we lost and give thanks to the brave first responders who put their lives on the line. Take a moment today to consider what we stand for as a nation, and how we can work together to make the world a better place for all.
TODAY’S LUNCH

- Roasted chicken
- Sliced bread
- Sweet potatoes
- Corn
- Cranberries
- Peaches
- Milk
WEATHER

Today the high will be: 80
with a chance of showers.
GAME DAY

7th grade Volleyball vs. Jeff Middle School at Jeff Middle School at 6 PM

8th grade Volleyball vs. Jeff Middle School at West Middle School at 6 PM

Due to COVID, only two persons from player’s families can attend. Everyone else is encouraged to cheer them from home. Go Vikings!!!
All our dreams can come true - if we have the courage to pursue them.
-Walt Disney