Announcements

Ms. Young

Monday 14th
September 2020

Mr. Coleman
MINDFULNESS VIDEO

https://youtu.be/VZ_wdeog5Ek
TODAY IS: NATIONAL CREAM FILLED DONUT DAY

NATIONAL CREAM FILLED DONUT DAY is a sugary, sweet day. Sure, you were watching your weight. Then, along comes a special day that is just packed with calorie and carbs. And, that special day encourages you to eat one of your favorite breakfast treats.... cream filled donuts. There is no shortage of food related "special days". We are certainly glad that someone chose to create a day just for cream filled donuts. It truly is a special treat. The most popular cream filled donuts are chocolate cream and vanilla cream. This author's favorite is banana cream. But they are hard to find. Whatever flavor is your favorite, just make sure the day does not go by without having one or more cream filled donuts.

Don't ya just love special days like today?
Today is: National Coloring Day

Do you see the world through rose-colored glasses? If so, National Coloring Day, an annual event every September 14, is right for you! Following behind National Coloring Book Day in August, National Coloring Day expands the experience into lots of artsy mediums. As a stress-reducer, coloring isn’t just for kids anymore. Whether it’s been decades or merely days, National Coloring Day is all about setting aside some time for ourselves to, well, color. Get creative with paper and crayons, colored pencils or markers. Try oil pastels and paint. On National Coloring Day, let your imagination fly into a colorful world and brighten up your day!
Today the high will be: 79 and Sunny
Lunch

- BBQ Chicken Sandwich
- Seasoned Peas
- Baby Carrots
- Cinnamon Apples
- Juicy Orange
- Milk
It’s a game day!!!

- West Middle 7th Grade vs. Lange at Lange and 8th Grade Volleyball vs. Lange at WMS
- Due to COVID, only two people from player’s families can attend. Everyone else is encouraged to cheer them from home. Go Vikings!!!