Mindfulness Video
https://www.youtube.com/watch?v=_mX4JBBIcBk
It’s Constitution Day

Constitution Day, also known as Constitution and Citizenship Day, honors the document that guarantees Americans their essential rights. Since its ratification in 1787, the Constitution of the United States has served as the basis for all U.S. laws.

To prevent the abuses of power they felt subjected to under the British monarchy, the Founding Fathers framed the Constitution carefully, distributing power between three branches of government. The Constitution outlines the government’s powers, the limitations on those powers, and the rights of citizens. It also outlines an amendment process for making changes in the future.
Preen your feathers and warm up your singing voice because September 17 is National Pet Bird Day.

It's a chance to recognize and celebrate the joy that being a bird's pet parent can bring to your life. National Pet Bird Day is sponsored every year by the Bird Enjoyment and Advantage Koalition (yes, it spells BEAK!). The organization promotes safe, fun, and responsible bird ownership and has tips and tools to help you find your feathered soul mate. They've put together a bunch of great resources for the bird lovers in all of us including tons of information about birds and pet bird parenting, and quite possibly the cutest dang internet quiz ever made.

The American Pet Products Association says that there are nearly 6 million American households that own birds and in each one the bird is part of the family. So much so that some 14% of bird parents will even travel with their birds. And bird ownership is spread out among nearly every generation. Millennials, surprisingly, are the most likely to own birds at 36% but Baby Boomers and Gen Xers aren't far behind with 26% and 24% respectively. When asked why they owned a bird 64% said because they were fun to watch and have in the house. We think that’s the best reason to befriend a bird and bring it home this National Pet Bird Day.
Weather:

80 degrees and Cloudy
LUNCH

• Flame Grilled Chicken Burger on a WG Bun
• Celery
• Baby Carrots
• Beans
• Juicy Orange
• Canned Pears
• Milk
It’s a 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!!!
Vikings vs Leopards 09/14

https://youtu.be/N206GjtVQM0
Today’s Quotes

The beautiful thing about learning is that no one can take it away from you.

- B.B. King

What we learn becomes a part of who we are.