ANNOUNCEMENTS

Ms. Young
Mr. Coleman
Mindfulness Video

https://www.youtube.com/watch?v=shR8DLyOkcg
National Neighbor Day

• Want to be the favorite person on your block? National Neighbor Day celebrates the importance of being a good neighbor while contributing to one’s community and each other. Relationships with neighbors can often lead to close friendships. Neighbors are almost like family. They’re close to you in more ways than one. That’s why National Neighbor Day, held annually on September 28, promotes good relationships between neighbors. As Mister Rogers would say, “Please won’t you be...my neighbor?”
NATIONAL NEIGHBOR DAY ACTIVITIES

• Host an event
  National Neighbor Day is an excellent opportunity to throw a neighborhood block party. Put a committee of neighbors together and get set for the biggest little bash ever.

• Invite them over
  Spend some quality face time with the people (geographically) closest to you. You might spend years looking out for each other.

• Get involved
  Join your local neighborhood or condo association and donate your time to make the neighborhood a little better. You'll probably make some lifelong friends.
On the fourth Monday in September, National Family Day encourages everyone to gather around the table and enjoy a meal together.

The old saying goes, “Families who eat together, stay together,” but did you know they may also be reducing the risk of addiction? According to the National Center on Addiction, families who eat three or more meals a week together reduce a teen’s risk of using tobacco, alcohol, and other drugs.

That’s a fantastic outcome on its own. Family bonding is just a bonus. However, there are more benefits. For example, families who eat together also learn healthy eating habits, eat smaller portions, and are less likely to stress about food.

And back to the bonding – when parents engage with their children over a meal, their relationships are better. They learn responsibility while helping to prepare the meal and cleaning up. Children feel like they are a part of a unit, a team. They connect with the people who mean the most to them and who know them the best. Parents become and remain the people they turn to when the significant problems crop up.
The National Center on Addiction declared National Family Day in 2001 as a way to combat substance abuse among teens. Their research showed that teens who ate meals with their families were less likely to fall into substance abuse. They also tend to do better in school and eat healthier.
DID YOU KNOW?

- The Hispanic family is a close-knit group and the most important social unit. The family unit usually extends beyond the nuclear family.

- Hispanics usually place great value on appearance as a sense of honor, dignity and pride.
Famous Hispanic

Dec 3, 1922 - January 4, 2000

Tom Fears was the first Hispanic Football Hall of Fame inductee.

TOM FEARS

Photo by Unknown Author is licensed under CC BY-SA
Famous Hispanic

Born: October 31, 1831 in Santa Barbara, CA  
Died: January 23, 1899 in Oakland, CA

Romualdo Pacheco was the first Hispanic U.S. Representative, elected in 1876.
LUNCH

- BBQ rib sandwich
- Fresh Broccoli
- Baby Carrots
- Crisp Apple
- Canned Pears
- Milk
WEATHER

• Today will be mostly sunny with a high of 69 degrees

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IT’S A GAME DAY!!!!!!

• 7th grade Volleyball vs Warner at Warner 6 PM
• 8th grade Volleyball vs Warner at WMS 6 PM

• Due to COVID, only two people from player’s families can attend. Everyone else is encouraged to cheer them from home. Go Vikings!!!
The Smithton West Middle School Winter Guard is looking for new members! Winter guard is an indoor sport that incorporates dance and flag work to create an exciting show. This activity not only teaches you the basics to the art of dance and flag spinning, but you will meet friends that last a lifetime in a sport that you can continue into high school and so much more! Students are welcome to join us at rehearsal on Thursday, October 1st from 6-8pm at Hickman High School. No experience needed! For attendance purposes and additional information, please email jrandolph@cpsk12.org prior to October 1st.
"There is always, always something to be thankful for."

QUOTES FOR TODAY!!!