

CONRAD WEISER MIDDLE SCHOOL

Wednesday

November 4, 2020

IF AT FIRST YOU

DON'T

Succeed...

YOU'RE NORMAL!

kid president

Breakfast & Lunch

School Meals are served **FREE** to all students! The same meals will be offered to both groups of learners. *Wednesday the Food Service Department will offer Curb Side Grab and Go Meals to all students 5-12 and SVA at the Middle School.*

*Meal Pick Up: Wednesday 10am-12:00pm or 3:30 pm-5pm.*

Breakfast:

**CURBSIDE GRAB AND GO BREAKFAST:**

Variety of Heat & Eat Breakfasts

Assorted Cereal & Muffins

Assorted Fruit Juice

Assorted Milk

**CURBSIDE GRAB AND GO LUNCH:**

Meal 1: French Bread Pizza

Meal 2: Deli Sandwich

Meal 3: PB & Jelly Sandwich

### ***Make Better Beverage Choices***

What you drink is as important as what you eat. Tips for better beverage choices:

- Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar which provides more calories than needed.
- Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs during the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.
- Save money by drinking tap water.
- Drink water with and between meals which can help you manage calories.
- Reusable bottles can help you have water on the go.
- Make water, lowfat or fat free milk, or 100% juice an easy option. When you choose milk or milk alternatives, select lowfat or fat free milk or fortified soymilk. Older kids, teens, and adults need 3 cups of milk per day, while kids 4-8 years old need 2½ cups and children 2-3 years old need 2 cups. Depending on age, kids can drink ½-1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice each day.

Find more at <http://choosemyplate.gov>.

## NEWS

**BOOKMARK CONTEST** –Thank you to everyone who participated in the annual Bookmark Design Contest. The winner of our prize drawing was **Aleena Martino**.

**BOOKFAIR** –

This year's Fall Book Fair will be held virtually from November 2<sup>nd</sup> through November 15<sup>th</sup>. All purchases benefit our school and connect kids with new books, favorite characters, complete series, and more.

Enjoy these special online shopping features:

- Over 6,000 items, including new releases, best sellers, and value packs
- All orders ship **direct to home**
- **FREE shipping** on book-only orders over \$25
- All purchases **support our school** and earn 25% in rewards

**Visit our Book Fair Homepage and click “Shop Now” to get started:**  
<https://www.scholastic.com/bf/conradweisermiddleschool1>



participated in the Student Council pumpkin decorating activity. And thanks again to Mr. Esser for providing the pumpkins.

**SKI CLUB**—Attention all ski and snowboarders: If anyone is interested in buying a ski pass to Bear Creek this winter please reach out to Mr. Esser. We will not be able to take the ski club van this year but you can still meet your friends on the mountain.

Thanks

**YEARBOOK**—It is time to vote on the cover for this year’s middle school yearbook. Vote by clicking on the Google form and choosing one cover that you like the best! Voting ends on November 13<sup>th</sup>.

<https://forms.gle/sd5BaYmc6UrwLE1g9>

## MUSIC

MRS. PERRONE		MR. LUTZ	
11/4	Day 5	11/4	Day 5
8:30	FLUTE F		NO LESSONS
9:30	OBOE C		
10:30	PERCUSSION J		
2:00	LOW BRASS E		
2:30	FLUTE E		

## SPORTS

**Junior High Girls Basketball**— open gyms will begin in November. They will be held on Mondays, November 2nd, 9th, and 16th from 5:30-7:00 in the Middle School B gym. The open gym is open to any 7th or 8th grade girl interested in trying out for the team.

**Winter sports information:**

**Attention athletes: Physical paperwork is online this year!**

\*\*\* Any student interested in playing a winter sport must have a physical uploaded onto Planeths.com by the official start date (11/20 for HS, and 12/1 for JH). Please make sure to have a parent and the athlete create accounts on Planeths.com. All paperwork is found on the website. Any athlete that played a fall sport only needs to log into their existing account and complete section 4, section 7, and section 10



