

# **Middle School News**

## **January 2019**

**SCHOOL WILL BE  
CLOSED  
JANUARY 21, 2019  
IN OBSERVANCE OF  
MARTIN LUTHER KING  
JR. DAY**

**School-Wide  
Spelling Bee  
Will be held in the  
Auditorium  
January 9 @ 2:45 PM**

**Lost and Found will be on  
display the last week of  
January. Please remind  
your student to check for  
their things!**

8<sup>th</sup> Grade History and  
Science SOL Testing  
January 17  
This is also Backwards  
Schedule Day

**End of Semester  
Student Holidays  
Half Day  
10:55 Release  
January 25  
Full Day Holiday  
January 28**

### **HEALTH AND PHYSICAL EDUCATION NEWS**

Welcome back to school. We hope everyone had a safe New Year. The Health and Physical Education Department is looking for volunteers to help with FUN DAY. The date is April 11th with a rain date of April 18th. If you can help us out, please contact our PTO Co- Presidents. Additionally, keep a lookout for order sheets for FUN DAY shirts.

### **SCA News**

*The SCA would like to wish everyone a Happy New Year! We look forward to our upcoming activities like February Grams and Locker Love in February, Pennies for Patients in March and the Eighth Grade dance in June. More information to come in the coming months of 2019.*

## **What You Can Do to Stay Healthy and Help Others to Stay Healthy Too?**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw all used tissues in the trash.
- Wash your hands with soap and water, especially after you cough or sneeze. You can also use hand sanitizers (alcohol-based disposable wipes or gel sanitizers) they are effective in reducing the spread of germs until you can wash with soap and water.
- Avoid touching your eyes, nose or mouth when you are sick since germs spread easily that way.
- Try to avoid close contact with friends or, family members if you are ill since the flu spreads person-to person through coughing and sneezing of the infected person.
- Don't share items like food or drink.
- Eat a well-balanced diet and drink plenty of fluids.
- If you are sick, please stay home until you are fever free for 24 hours
- Remember to get the flu shot

### **Band:**

Congratulations to ALL band students on a wonderful Winter Concert!

All 7th and 8th graders will be auditioning for All District Band on Saturday, January 5th at Thomas Dale HS. Ask your student for more information!

For students selected for All District Band, the event is February 1-2 at Cosby HS.

**Softball Conditioning**  
**Tuesdays at Tech Center**  
**7:30-9:00**  
**Thursdays at Lakeview Gym**  
**6:30-8:00**  
**Through February 14**

**Baseball Conditioning**  
**Will be held**  
**Thursdays at the**  
**Tech Center Batting cage**  
**from 8:00-9:00 PM**