

## **Tuesday, January 29, 2019**

- 1) Good Morning Cubs! Please rise for the Pledge of Allegiance.
- 2) Today's lunch is: Breaded Chicken Gravy with Mashed Potatoes
- 3) Attention Cubs! Do you have spirit gear? Now is your chance to purchase. Spirit Gear orders are open now through January 31, 2019. Please see Miss Trujillo at the ASB window for an order form. All orders must be turned in to the ASB Office by 2:30 PM on 01/31/19. Only a few days left! See Miss Trujillo today!
- 4) Attention 6th graders! On Wednesday Feb 6th WEB will host an after school showing of the movie "Ratatouille." Sixth graders must have a signed parent permission form. Sixth graders can pick up a permission form at the school office. Forms are due at the office or to Mrs. Mygatt or Mr. Borgmann by Tues, Jan 29th.
- 5) Bible Club will not meet this week.
- 6) The ASB window will close at 12:40 PM this Thursday, January 31st. Please plan ahead and get your spirit gear orders in!
- 7) Attention students and staff this announcement is clearing up some information that was announced yesterday during lunches. Please listen carefully!

Student lunch money must be turned in at the ASB window only. If you have lunch money please bring it to the ASB window before school, during lunches, or after school.

Staff if you have questions about how to pay for lunch please call or email Miss Trujillo, your process has not changed.

We apologize for the confusion, thank you for your help!

8) Girls Varsity basketball started their season yesterday with a win against Mountain View Middle School by a score of 27-18. The JV played great but lost a close game by a score of 23-24. Great Job Lady Cubs!

10) Have you ever felt hopeless about something. . . like there was just no hope at all in a relationship, or a situation at home or at school? Most human beings experience hopelessness at some point in their lives. The question is: How do we pull ourselves up and out of hopelessness and despair? Listen to what famous American folksinger Joan Baez says about moving past those feelings. She says:

***Action is the antidote to despair.***

An antidote is simply a cure or a remedy. Ms. Baez is saying that action is the best cure when we feel hopeless. If you are feeling depressed and powerless about something in your life, talk to someone you trust, a parent, teacher, or a faith leader. Sit down together and discuss appropriate actions you can take. Then remember the words of Joan Baez and get busy!

**It will be a great day if you choose to make it one, Have a great day Cubs!**