

Tuesday, March 6, 2018

Congratulations to the Lady Cardinals on placing 5th at state.

Congratulations to Callie Ronningen on being named to the All-Tournament Team.

Parent meeting on March 14 @ LAHS gym at 5:40-6:00. The primary purpose is to have all JH spring athletes sign the advancement form as well as to introduce your program and rules to the parents.

Cabin Fever – March 5-9

Let's have some fun with a week of Dress-Up to SHAKE our Cabin Fever!!

Wednesday: My alarm didn't go off...so this is what I look like when I get up

Thursday: What's your favorite Board Game?

Friday: Strike a pose...a couch potato pose...

BREAKFAST & LUNCH

Today:

- tater tot hotdish, green beans, buns, salad & sauce

Wednesday:

- **Breakfast**-HB eggs, toast, fruit & juice
- **Lunch**-chicken burgers, pretzels, beans, salad & fruit

THIS WEEKS ACTIVITIES

Tuesday:

- ~~Homework Club 3:30-5:30 CANCELLED~~

Games:

- **BBB Regionals @ Devils Lake vs New Rockford/Sheyenne 7:30**

Practices:

- Track @ LHS
- 3rd & 4th VB @ LES

Wednesday:

- Early Out 1:30

Practices:

- Track @ LHS

Thursday:

Games:

- **BBB Regionals @ Devils Lake**

Practices:

- Track @ LHS
- 3rd & 4th VB @ LES

Friday:

- Market Place for Kids @ Devils Lake 4th- 7th Grade
- Parent/Teacher Conferences 3:30-9:30

Games:

- **BBB Regionals @ Devils Lake**

Practices:

- Track @ LHS

Any girls in grades 7-9 interested in finding out more about or attending the "**Expanding Your Horizons**" Conference at NDSU on April 7, please see Mrs. Henry.

Have a great day!!