

Friday, September 28, 2018

Happy birthday to Keenan Kalhagen on Sunday

Good luck to the VB & FB teams tonight

Homecoming Week Oct. 1st – 5th:

Monday: Sports/Favorite Team Day

Tuesday: Tacky Tourist Day

Wednesday: Western Wednesday – Bonfire @ 8:00 contingent upon the weather

Thursday: Holiday

Friday: Cardinal Spirit Day

Breakfast & Lunch

Today:

- taco in a bag, corn, shredded lettuce & cheese, salad, sauce & rice pudding

Monday:

- **Breakfast**-toast, fruit, yogurt, juice
- **Lunch**-chicken nuggets, rotini, bread, salad & sauce

THIS WEEKS ACTIVITIES

Friday:

Games:

- **FB (V) @ Carrington 7:00**
- **VB (V) @ Des Lacs Tournament**

Saturday:

Games:

- **VB (V) @ Des Lacs Tournament**
- **FB (4-6) @ Walhalla Jamboree**

Sunday:

Games:

- **FB (5&6) @ Fargodome 1:00**

NEXT WEEKS ACTIVITIES

Monday:

Games:

- **FB (JV) @ Langdon vs Rolla 4:30**
- **VB (C) @ St John 4:45**
- **GBB (5th) @ Cavalier 5:00**

Practices:

- **XC @ LHS**
- **VB (JH) @ LAC**
- **VB (V) @ LHS**
- **FB (4-6) @ LHS 5:00**

Tuesday:

- **Flu Shot Clinic 8:30-9:30**

Games:

- **VB (7,8,C,JV) @ Langdon vs Rolla 3:30**

Practices:

- **XC @ LHS**
- **FB (JH&V) @ LHS**
- **GBB (5th) @ LES**

- FB (4-6) @ LHS 5:00

Wednesday:

- **EARLY OUT 1:00**

Practices:

- XC @ LHS
- FB (JH,JV,V) @ LHS
- VB (JH) @ LAC
- VB (V) @ LHS

Thursday:

- Reggie Jackson 12:15 Soph/Jrs

Games:

- **VB (7,8,C,JV,V) @ St John 4:00**

Practices:

- XC @ LHS
- FB (JH,JV,V) @ LHS
- GBB (5th) @ LES
- FB (4-6) @ LHS 5:00

Friday:

Games:

- **FB (V) @ Langdon vs Central Dakota 7:00 - HOMECOMING**

Practices:

- XC @ LHS
- VB (JH) @ LAC
- VB (V) @ LHS
- GBB (5&6) @ LES

Saturday:

Games:

- **VB (V) @ Langdon Tournament**
- **FB (4-6) @ Park River Jamboree**
- **XC @ Rugby 11:00**

Health Career Day at NDSCS October 4 in Wahpeton. Open to all students and parents. Pre-register @ 1-800-342-4325 ext. 3-2981 or @ alliedhealthcareers@ndscs.edu. See flyer on bulletin board in entry or ask Mrs. Henry for more information.

Have a great day!!