

# Thursday, October 4, 2018

Good luck to the VB teams tonight.

## Homecoming Week Oct. 1<sup>st</sup> – 5<sup>th</sup>:

**Thursday:** Holiday

**Friday:** Cardinal Spirit Day

## Breakfast & Lunch

**Today:**

- pork roast, gravy, mashed potatoes, green beans, salad, dinner rolls & sauce

**Friday:**

- **Breakfast**-biscuit, egg, sausage patty, fruit & juice
- **Lunch**-mac & cheese hotdish, carrots, dinner rolls, salad & fruit

## THIS WEEKS ACTIVITIES

**Thursday:**

- Reggie Jackson 12:15

**Games:**

- **VB (7,8,C,JV,V) @ St John 3:30**

**Practices:**

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

**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](mailto:alliedhealthcareers@ndscs.edu). See flyer on bulletin board in entry or ask Mrs. Henry for more information.

There is a Fall Open House for anyone interest in Bismarck State College on October 19 from 10:30-2:30 at the National Energy Center of Excellence in Bismarck. Register today @ [bismarckstate.edu/openhouse](http://bismarckstate.edu/openhouse). Contact Mrs. Henry for more information if you have any questions.

Have a great day!!