

Friday, October 25, 2019

RED RIBBON WEEK, which is celebrated annually October 23-31, is the nation's oldest and largest drug prevention awareness program. This Year's Red Ribbon Week Theme: "Send a Message. Stay Drug Free."

Not everyone is doing drugs! Did you know that more than 7 out of 10 High School students do not use alcohol?

Breakfast & Lunch

Today:

- pizza, green beans, pretzels, fruit & salad

Monday:

- **Breakfast**-French toast sticks, juice & sauce
- **Lunch**-chicken nuggets, rotini, dinner rolls, salad & sauce

THIS WEEKS ACTIVITIES

FRIDAY:

- "Be a Smartie, don't do drugs"
- Nelsen's Pumpkin Patch (PreK-5)
- End of 1st Quarter

Games:

- VB (C,JV,V) @ Langdon vs St John 5:00
- BBB (6th) @ Grafton 4:30

Practices:

- FB (V) @ LHS
 - VB (JH) @ LHS – scrimmage 3:30
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SATURDAY:

Games:

- FB (V) @ Langdon vs Northern Cass 1:00
 - BBB (6th) @ Park River Jamboree
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NEXT WEEKS ACTIVITIES

MONDAY:

- Reggie Jackson – pick up orders
- Individual Drug free pledges of students at lunch

Practices:

- VB (V) @ LHS
 - VB (JH) @ LAC
 - FB (V) @ LHS
 - BBB (6th) @ LES
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TUESDAY:

- "It's Not About Drugs" Speaker @ Edmore 6-12 grade

Games:

- VB (JH,C,JV,V) @ Rolette 4:00
- BBB (6) @ Langdon vs Cavalier 5:00

Practices:

- FB (V) @ LHS
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WEDNESDAY:

- All wear red for the day!! And “Pledge to Keep My Hands off Drugs”

Practices:

- FB (V) @ LHS
 - VB (V) @ LHS
 - VB (JH) @ LAC
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THURSDAY:

- Happy Halloween
- Can wear a costume for \$1 to be donated to a drug awareness/prevention program – follow costume rules. Costumes must fit within the following categories: cartoon character, book character, your parent, your potential career choice. MUST follow these rules: costumes must be appropriate, no masks, must still be able to complete daily classroom tasks

Games:

- VB (JV,V) @ Langdon vs Lakota 6:00

Practices:

- FB (V) @ LHS
 - BBB (6) @ LES
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FRIDAY:

- Judicial Branch with Judge Barbara Whelan

Games:

- VB (7,8,C,JV,V) @ Langdon vs Grafton 3:30

Practices:

- FB (V) @ LHS
 - BBB (6) @ LES
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SATURDAY:

Games:

- VB (7,8) @ Park River Tournament
 - BBB (6th) @ Cando Jamboree
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Have a great day!!