

Monday, October 28, 2019

Food Drive – The RED OR GREEN? Viking Family is collecting donations for the Hope Center Food Bank November 1st to 19th.

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

ALL vaping and tobacco use is dangerous. All of the effects are not yet known about vaping, but hospitalization and death of teens and young adults has been caused by both vaping and smoking.

Breakfast & Lunch

Today:

- chicken nuggets, rotini, dinner rolls, salad & sauce

Tuesday:

- **Breakfast**-muffins, fruit & juice
- **Lunch**-seasoned beef steak tacos, Spanish rice, corn, salad & sauce

THIS 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

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

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

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
 - VB (JH) @ LHS
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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
 - FB (V) @ Langdon vs Oakes 2:00
 - BBB (6th) @ Cando Jamboree
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Have a great day!!