

Tuesday, October 29, 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."

Be aware of the medications you take and the decisions you make!!! Misuse of medication as well as illegal drug use will cost you more than just money - you will pay by losing your family, friends, and happiness!

Breakfast & Lunch

Today:

- seasoned beef steak tacos, Spanish rice, corn, salad & sauce

Wednesday:

- **Breakfast**-cereal, sauce & juice
- **Lunch**- vegetable soup, assorted sandwiches, crackers, salad & sauce

THIS WEEKS ACTIVITIES

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

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!!