

# Wednesday, October 30, 2019

Student council meeting at noon today

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

**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."

Protect yourself! Here are four ways you can protect yourself: 1) Today find something you can do with your extra time. 2) Choose friends that support positive activities in your life. 3) Have a conversation with your parents about drugs. 4) Choose TV, movies, video games that promote positive activities.

## **Breakfast & Lunch**

**Today:**

- vegetable soup, assorted sandwiches, crackers, salad & sauce

**Thursday:**

- **Breakfast**-HB eggs, toast & juice
- **Lunch**- hot dogs, chips, beans, salad & fruit

## **THIS WEEKS ACTIVITIES**

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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
- 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 (6<sup>th</sup>) @ Cando Jamboree
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**Have a great day!!**