

# Friday, September 27, 2019

Flu Shots on Tuesday, October 1<sup>st</sup> from 8:30-9:45, forms have been sent home with students.

Yearbooks for sale in the office - \$20

## Breakfast & Lunch

### Today:

- taco in a bag, corn, shredded lettuce & cheese, salad, sauce & rice pudding

### Monday:

- **Breakfast**-yogurt, toast, fruit & juice
- **Lunch**-macaroni & ham hotdish, carrots, dinner rolls, salad & fruit

## THIS WEEKS ACTIVITIES

### FRIDAY:

#### Games:

- FB (V) @ Westhope/Newburg/Glenburn 7:00

#### Practices:

- VB (JH) @ LAC
- VB (V) @ LHS

### SATURDAY:

#### Games:

- FB (5&6) @ Walhalla Jamboree
- VB (JV) @ Langdon Tournament

### SUNDAY:

#### Games:

- FB (5&6) @ Fargodome Wahpeton-Breckenridge 2:00

## NEXT WEEKS ACTIVITIES

### MONDAY:

#### Games:

- FB (JH,JV) @ Park River 4:30

#### Practices:

- FB (5&6) @ LHS
- VB (JH) @ LAC
- VB (V) @ LHS

### TUESDAY:

- Flu Shots 8:30-9:45
- Judicial Branch Presentation with Judge Barbara Whelan

#### Games:

- VB (7,8,9,C,JV) @ Four Winds 4:00

#### Practices:

- VB (V) @ LHS
- FB (JH,V) @ LHS
- FB (5&6) @ LHS
- GBB (5&6) @ LES

### WEDNESDAY:

- Early Out 1:10

#### Practices:

- FB (JH,JV,V) @ LHS
- VB (JH) @ LAC
- VB (V) @ LHS

### **THURSDAY:**

#### **Games:**

- VB (7,8,C,JV,V) @ Langdon vs Grafton 3:30
- GBB (5&6) @ Rolla 4:30

#### **Practices:**

- FB (JH,JV,V) @ LHS
- FB (5&6) @ LHS

### **FRIDAY:**

#### **Games:**

- VB (V) @ Des Lacs Tournament
- FB (V) @ Langdon vs Bottineau 7:00

#### **Practices:**

- VB (JH) @ LHS

### **SATURDAY:**

#### **Games:**

- FB (5&6) @ Grafton Jamboree
- VB (V) @ Des Lacs Tournament

17th Annual Health Career Day

NDSCS - Wahpeton

October 3, 2019

9:00am-12:00pm

Must preregister

See poster or Mrs. Henry for more information.

**Have a great day!!**