

SWMS/SIS DAILY NEWS

Monday, November 4th, 2019

LUNCH MENU

Monday

Breakfast – Egg & Cheese Biscuit or Banana Bread

Lunch – Potato Crunch Fish or Chicken Nuggets with Fries, T-roll, Fresh Spinach Salad, and a Sugar Cookie

Grab N Go Box –

Tuesday

Breakfast – Cheese Omelet, Sausage & Toast or Mini Pancakes

Lunch – Super Nachos Beef or Chicken with Chips, Lettuce, Tomato, Refried Beans, Nacho Cheese, Salsa and a Cinnamon Sugar Breadstick

Grab N Go –

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Inspirational Quote:



Joke: Yesterday I saw a guy spill all his Scrabble letters on the road.

Lost the top to a lapel pin, it is the size of a shirt button perhaps a little bit bigger it was lost on Thursday most likely in a 7th grade classroom. The pin top says, "Every champion has a coach." If found, please return to the office. There is a reward if it is found.

Next, Student Council meeting tomorrow, Tuesday, November 5th at 7:40

There will be no counselors in the building on Tuesday. They will be attending a conference.

Giving Back to Our Nations Heros

Kailee Kirk's Senior Project is collecting items for the Veterans in long-term care at the V.A. in Sturgis. Items to bring are men and women's: socks & slippers, small blankets, hygiene products such as: soap, toothpaste , brushes, body wash, deodorant, shaving cream, lotion, fingernail clippers, hats and gloves, crossword puzzles, word searches, adult activity books, Bring items in to the office between Oct. 31st and Nov. 15th and receive a piece of candy

Flu Shots

The Meade County health nurse will provide student flu shots to Sturgis Williams Middle School Friday, November 8 from 12:30pm-3:30pm

Sports Announcements

Good Luck to the 8th grade girls' basketball team as they compete against Douglas tomorrow, Tuesday, November 5th here game times 4 and 5

Good Luck to the 7th grade girls' basketball team as they compete against Douglas tomorrow, Tuesday, November 5th in Douglas game time 3:45

Sturgis AAU Youth Wrestling Signup information should have gone home. There is a parent meeting Nov. 12th at the Sturgis Community Center or November 14th at Stagebarn Middle School Lobby time for both meetings are 5:30.



Attention 8-11 Grade SWMS/SBHS Football Player:

Coming Soon....

End of the Season Team Lifting and Competitions!!!

3 Senior Football Players Are Hosting This Fun Event for Their Senior Project!

– Dylan Gillespie, Trevor Keierleber, Trevor Erlenbusch

Purposes of This Fun Event:

1. Get the Team (8-12) Together to Have Some Fun Through Competitions and Contests to Build Team Spirit and Unity.
2. Older Football Players Helping Younger Players w/Their Lifting Technique and Goals So They Can Use This Info to Lift Off-Season When Ready.

Note: This Event is Not Mandatory.

Event Details - Fall Football Team Lifting & Competitions – 8th Annual

Who: All 8-11th Grade Athletes Who Are Planning on Playing Football Next Fall

What: Lift Together w/Your Football Team & Compete in Contests

When: 5 Days of Lifting & Competitions (3:20-5)

Week 1: (11/5, 11/6, 11/7) – Tuesday & Wednesday, Thursday

Week 2: (11/12 & 11/13) – Tuesday & Wednesday

Where: SBHS Weight Room

Why: Build Teamwork and Enhance Good Lifting Technique for Offseason

- *Dylan Gillespie, Trevor Keierleber, & Trevor Erlenbusch are hosting this event for their senior experience with the help of advanced lifting football players/students.*
- *There will be maxing and contests!*
- *The Senior Football Players (above) and Sage are looking for Junior and Senior Football Players and Upper-Level Fitness Students to volunteer to be mentors for this clinic and you will receive a volunteer certificate for your participation. If you have questions – ask the people above.*
- **All football players and volunteer mentors should be in the weight room- dressed in lifting clothes and ready to go by 3:20 on Tuesday, Nov 5th!**



Answer: I asked him, “What’s the word on the street?”