

STUDENT ANNOUNCEMENTS
Monday, Sept. 17, 2018 Menu: Chicken fried steak
Tomorrow's Breakfast K-12 & Pre-School: Breakfast pizza

DAILY NUTRITION TIP: Don't fear coffee: Coffee has been unfairly demonized. The truth is that it's actually very healthy. Coffee is high in antioxidants, and studies show that coffee drinkers live longer, and have a reduced risk of type 2 diabetes, Parkinson's disease, Alzheimer's and numerous other diseases.

Today is FCCLA Fall Leadership Conference @ Kearney.

The LMC will be closed until noon today.

TIME CHANGE: today is JHVB/FB @ SEM at 3:30PM and JVVVB/FB @ SEM at 5:30PM.

Tonight is One-Act practice at 7PM.

Tomorrow is the UNK Women's Vocal Leadership Clinic.

Tomorrow is Dance practice at lunch.

Tomorrow is CC @ Franklin at 4:15 PM.

Tomorrow is VB vs. Brady at 5/6/7PM.

Wednesday the Sophomores will be attending the Kearney Career Day in the morning.

Wednesday is Overton Career Day from 1-3PM.

Thursday is LMC Lattes.

Thursday is FFA Range Judging in Grand Island.

Thursday is cheer practice at lunch.

Thursday there will be a Presidential Alert sent out at 1:18PM to test the National Alert System. This will sound an alarm on the phones. You cannot opt out of this alert test. Please check your email from last week for more information.

Thursday is VB @ Amherst at 5/6/7PM. We will play Elwood at 6:00 and Amherst at 7:00.

Friday is the registration deadline for the October ACT.

Friday The Leadership Group meeting in Mr. Little's room at 7:30AM

Friday is a 12:52 dismissal. We will run periods 1-5 and dismiss after 5th period.

Friday is FB vs. Pleasanton at 3PM.

Friday is FCCLA is hosting a movie night at 7PM in the South Gym.

Saturday is VB @ Sutherland Tournament at 10AM.

Sunday is Dance practice at 6:30PM.

FACULTY ANNOUNCEMENTS

Friday we will run periods 1-5 for our early dismissal.