

Thursday, March 3rd

Lunch Today: Chicken and Biscuit Slider, French Fries, Corn, Salad, and Fruit

Breakfast Tomorrow: Breakfast Pizza, Fruit, Juice, and Milk

- Students need to turn in their Teacher Recommendation forms no later than Friday.
- FHS Fitness Fact: An hour of exercise a day goes a long way. People who are physically active for approximately seven hours a week are 40% less likely to die early compared to people who are only active for less than 30 minutes a week. Stay Active FHS!
- The Great Shamrock Shake Giveaway returns! Check your email for a google form to nominate someone who has shown kindness and then that person will be entered to win a free Shamrock Shake! Key Club is sponsoring this event to promote kindness in our school!
- The boys and girls track teams travel to Westwood today for an indoor meet. They will not be in 5th hour.
- For anyone interested in Dutch Dancing for Dutch Days there is a poster on the bulletin board by the office.
- Reminder to students in any extracurricular activity that fees need to be paid prior to the first event/competition and that physicals are due BEFORE practice starts for sports. If you do not know if your physical is up-to-date or not please stop by and see Mrs. Meyers in the student services office.
- Spring Dual Sports:
 - Athletes not in a Winter sport = Must declare dual-sport position by Friday March 4th.
 - Athletes participating in a Winter Sport = Athletes will have an additional week from when their Winter season ends to declare dual-sport position.
 - You must communicate your dual-sport choice to both Mr. Henrekin and your coaches.