

Thursday, October 22, 2026

Lunch Today: Irish nachos, fruit, vegetable, milk

- Congratulations to Steamer Volleyball on their wins over Morrison last night. Good luck to Steamer Football as they compete against United Monmouth at 1 p.m. on Saturday at home to start their playoffs!
- Band members are reminded to be here tomorrow by 12:00 pm for the playoff game.
- Please check your email for an invitation to our upcoming informational meeting for the FHS trip to Paris and the Alps in the summer of 2028. Students will have the opportunity to explore the beauty, history and culture of Paris, the Swiss Alps, and Germany during this trip. The informational meeting will take place on Monday, November 2nd, from 6:30-7:30 in the FHS cafeteria. Please see Mrs. Williams if you have questions.
- Monday is Leadership Academy during 5th hour. Pastor Scott will be here. If anyone else wants to come hear his message, please check in with your teacher first.

• 10/23 🚀 Friday – Designing the Future!

- 🧪 **Chemistry Joke of the Day:** What's a chemist's favorite type of dog? A Lab
- 🔬 **Chemistry Fun Fact:** Some modern construction materials contain special polymers that help concrete resist cracking, improve adhesion, or reduce water penetration. Researchers are also developing self-healing materials that can seal small cracks and extend the life of structures.
- Today is also Mole Day, an unofficial holiday celebrated by chemists, chemistry enthusiasts, and students to honor Avogadro's number, which is a fundamental concept in chemistry. Avogadro's number is
- 6.022×10^{23} , representing the number of atoms, molecules, or other particles in one mole of a substance.
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- 🎉 **Happy National Chemistry Week, Thanks for Celebrating with us! Remember: Everything we build starts with chemistry!**
- We're wrapping up the week with our October commitment to kindness, inclusion, and Asset #8. You hold the power to dictate what kind of school this is. Don't wait for adults to fix culture issues—be the resource, be the teammate who stands up against bullying, and keep living out our *Capturing Kids' Hearts* values. Have a great weekend!