

Monday, October 19, 2026

Lunch Today: Pepperoni Pizza, Bread Stick, fruit, vegetable, milk

- Congratulations to Steamer Football on their win over Galena on Friday night. Good luck to JV Steamer Football as they compete against Galena tonight, game time 5:30 p.m.
- Any girl interested in playing Girls Basketball this season, please click on the Remind link to sign up. Practice will start Monday, November 2nd. Time is TBA.
<https://www.remind.com/join/6g8f3d>
- We will be hosting a blood drive on October 28th. Please check your email for an email from Ms. Smith about signing up. Remember if you are 16 you have to have a signed parental consent form.
- BLIND leaders and freshmen will be meeting 5th hour today. Bring your chromebook and writing utensil so you can complete your 5th hour sheets prior to our Mummy creation competition. There will be a meeting on Tuesday the 20th during 5th hour in the wrestling room for all girls who are interested in wrestling or are already committed to joining the team.
- All students-just a reminder to go into your SpacesEDU portfolio to complete your Career Reflection task. Juniors you have not used the portfolio yet so your teachers will try to help you get logged in Thursday and Friday.
- Do you have an interest in traveling to Europe? Would you love to explore the history and culture of Paris and the beauty of the Swiss Alps? Please check your email for an invitation to our upcoming informational meeting for this exciting opportunity. The 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.
-  **Chemistry Joke of the Day:** What do you call an educated tube? A graduated cylinder.
-  **Chemistry Fun Fact:** Concrete gets its strength from a chemical reaction called *hydration*. When cement reacts with water, new solid compounds form and bind sand and gravel together into a strong structure.

- We would like to congratulate the following golfers for getting conference recognition:
1st Team Unanimous: Owen Van Zuiden who was also Player of the year and Luke Bush
1st team: Paisley Van Zuiden **2nd Team:** Hudson Price and Talon Meyers
Honorable Mention: Bennett Kunau and Briar Spooner
- October is National Bullying Prevention Month, and this month's *Capturing Kids' Hearts* theme is Self Direct. Today we're spotlighting Developmental Asset #8: Youth as Resources. You aren't just waiting to grow up—you have real power right now to shape our school culture. When you speak up against bullying or include someone sitting alone, you aren't just following rules; you're leading. Let's set the tone for a great week.