

Monday, September 14, 2026

Lunch Today: Chicken Patty on a Bun, French Fries, Fruit, Vegetable, Milk

- Congratulations to Steamer Football on their win over Eastland on Friday. Good luck to JV Steamer Football as they compete against Eastland today at home, game time 5:30 p.m. Good luck to Steamer Golf as they compete at home today against Warren and Amboy, meet time 4:00. Be sure to stop out and help the golfers celebrate Senior night.
- There are extra yearbooks from last year if you forgot to order yours! Please let Mrs. Hackett know if you would like to purchase one!
- Applications for the Kiwanis Dual Credit Grant are due to Student Services by today. The application is simple and will take you less than 5 minutes to complete. So far, only 2 students have turned in applications. If you are taking dual credit courses at Sauk or CCC, please do not miss out on this opportunity.
- All BLIND leaders and freshmen will meet in the West gym for 5th block today.
- University of Northern Iowa will be in Student Services today during RTI. Please sign up using the QR codes in the hallways or using the Google Form link that Mrs. Facio sent by email.
- Cassandra from the Illinois Student Assistance Commission will have a table set up in the cafeteria on Wednesday during lunch to answer your college application questions. Please come prepared with any questions you have regarding college! Cassandra will be hosting several other college, FAFSA, and scholarship workshops throughout the year, so stop by her table to welcome her and say hello!
- It's Homecoming Week! Tuesday's dress up day is Carnival. Powder Puff and Buff Waivers are due by Tuesday to Ms. Smith. Last day to purchase Homecoming Tickets is Wednesday. Non-FHS student dance forms are due to the office by Today!
- September is Suicide Prevention and Awareness Month, and this month's Capturing Kids' Hearts focus is Empathy. Empathy means taking off our own lenses for a second to step into someone else's shoes and understand their story without judgment. You never fully know the weight someone is carrying down these hallways. Today, challenge yourself to be a listener. A simple 'How are you *really* doing?' paired with genuine attention can make someone feel seen when they need it most. If you or a friend are ever struggling, remember you can call or text 988 anytime for free, confidential support.