

Thursday, October 22, 2026

Lunch Today: Bosco Stick, fruit, vegetable, milk

- 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.
- 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.
- As we highlight Bullying Awareness and Capturing Kids' Hearts this October, remember: being a 'Youth as Resource' means treating others like valuable resources, too. Bullying thrives when people feel isolated. A simple check-in, a nod in the hall, or inviting someone to your lunch table breaks that cycle. Lead with empathy today.

 **Chemistry Joke of the Day:** What did the proton say to the electron? "Why are you always so negative?"

 **Chemistry Fun Fact:** Rust forms when iron reacts with oxygen and moisture. To protect bridges and buildings, engineers use protective coatings, galvanized steel, or stainless steel containing chromium, which forms a thin protective oxide layer.
