

# WESTERN MIDDLE SCHOOL ANNOUNCEMENTS

## WEDNESDAY, AUGUST 07, 2024



**Wednesday:** General Tso Chicken, Fried Rice, Malibu Blend, Asst. Fruit

**Thursday:** Chicken Sandwich, Fries, Steamed Carrots, Asst. Fruit



Tennis sign ups today in the office during lunch. Tennis practice tonight from 5:15-6:15. You must have a physical on file in the office in order to attend. You may still sign up though.



Add 7/8 football sign ups. Practices will be from 5:30 to 7 if you have a physical on file, Monday, Tuesday, Thursday and Friday until the 1st varsity football game. After that practices will be Monday, Tuesday and Thursday.



Middle School Cross Country Call-Out: For anyone interested in running cross country this fall, our first official practice will be tomorrow, Thursday, afternoon right after school until 4:00pm. Parents should pick up students at the main entrance of the Middle School, Door 38, at 4:00. Meet in the hallway between the cafeteria and gym after school. Should bring running clothes, shoes, and water. Must have the athletic physical paperwork on file with the athletic office to practice.

MS XC - first practice will be Thursday, August 8, right after school till 4:00. Kids should meet in the MS hallway between the gym and cafeteria. Bring running clothes, shoes, and water.

MS Tennis-First practice Wednesday, August 8 at 5:15 to 6:15

7/8 Volleyball tryouts will be 8/8 and 8/9 from 4:30-6. in the South gym



Today's positive message: "Just follow the day and reach for the sun! - The Polyphonic Spree



Happy Birthday: Sienna Osborn

Staff Birthday: No Staff Birthdays

