**HARRY MILLER MIDDLE SCHOOL**

**ANNOUNCEMENT FORM**

**Today’s Date: Tuesday, May 22, 2018**

**Happy Birthday: Happy belated birthday to Rebecca Beach!**

**Administration: Mme. McCrea:**

**Today there will be tech and music club at 12:15 over the lunch hour.**

**Rainbows will take place today at lunch in the guidance room.**

**Reminder that there will be band today afterschool.**

**Teacher, Mrs. Guitard:**

 **There will be a mandatory drama meeting in Ms. Guitard’s room today at 12:15. It is very important that all attend.**

**Cafeteria, Ms. Carrie:**

**Under the Sea Meal available tomorrow for $6.50. It includes a sub sandwich, carrot sticks, grapes and white milk.**

**Teacher, Mr. Locke:**

**The 5th annual Scratch Coding Competition is now accepting submissions!**

**If you have a project that you would like to submit, please see Mr. Locke. The deadline for submissions is Friday, June 1st.**

**Teacher Mrs. Throop:**

**The flag football team will practice today from 4:30-6 and will have an exhibition game Wednesday at QMS at 4pm.**

**Good luck to the Varsity Girls softball team who play their first game of the season at 4:30 at Wells field. You are asked to be at the field by 3:30. The JV girls softball team play Thursday at 4:30.**

**All softball players can stop by the gym today after 12:15 to pick up their jersey.**

**There will be no Intramurals today as there will long jump tryouts for track and field starting at 12:15.**

**Thoughtful Tuesday:**

**Try the following strategy to help calm a stressful situation: Focus on one object in your surroundings. Then expand your field of vision to take in everything. Shift between the two every three breaths for one minute.**