**HARRY MILLER MIDDLE SCHOOL**

**ANNOUNCEMENT FORM**

**Today’s Date: Monday, March 18, 2019**

**Happy Birthday too: Happy birthday to Thomas Daigle and Kyle MacMullin who celebrated their birthdays over the week-end.**

**Today’s ‘Pat on the Back’ goes to Cam Steeves, Congratulations Cameron please come to the office at break time to get your Dairy Queen coupon!**

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**Administration: Mme. McCrea:**

* Art Club 12:20
* Music Club 12:20
* Renaissance at 12:00
* Library 12:20

**Teacher: Mrs. Hatfield:**

Today’s Nutrition Month tip Milk strengthens your bones, but not all milk is created equal. Did you know chocolate milk has 3.5 teaspoons of added sugar per cup? Go for white milk instead!

**Teacher: Mrs. Throop:**

Today the varsity girls practice from 3-4:30 followed by the Jv Girls from 4:30-6. The Varsity Boys practice Tuesday from 3-4:30 followed by a final tryout for the JV Boys 4:30-6.  
  
Basketball players are asked to return their uniforms to the Phys Ed office.  
  
Thank you to everyone who contributed to the David Kelley Bursary On Friday. As a whole school we will be donating $400.  
  
Intramurals today, Are you interested in trying yoga?  Well, you are in luck! There will be yoga in the gym today at noon. This is open to the first 25 students. Please line up at the main gym doors for 12:10.

**Mindful Monday:**

**Tense and Release:** Slowly tense and release all of your muscles from your head down to your toes. Feel what happens to your body AND your mind as you do.