

HOT LUNCH

Monday

No School

Tuesday

Sloppy Joe on WW Bun

Mini Pretzel
Twists

Seasoned Peas Wednesday

WG Popcorn Chicken Mashed Potatoes

> Chicken Gravy

WW Dinner
Roll
Seasoned
Kernel Corn

Thursday

WG Grilled CHeese

Tomatoe Soup

WG Goldfish Crackers

Seasoned Carrots

Friday

No Lunch

Half Day

All Science Fair participants, please see Mrs. Martin during homeroom to pick up your projects. Any project not picked up by April 7th will be recycled.

Northmen Den will be here THURSDAY during lunches because Friday is a half day and there is no lunch.

****Attention PMS****************

6th Grade Track Information

The first day of track practice is on Wednesday, April 5th from 3:35-4:30 at PMS. All students must have a physical ON FILE IN THE OFFICE BEFORE the season starts. Practice will be from 3:25-4:30 Monday-Thursday.

- Link to Parent Volunteer Sign Up
- 6th Grade Practice Schedule
- PMS Track Online Uniform Order Shop (for Grades 6-8)
- Remind Sign Up Link (for 6th Grade Only)
- Google Form Sign Up Link (for 6th Grade Only)

7TH & 8TH GRADE TRACK: The <u>online clothing store</u> is now available. You must have a uniform shirt, but can use the same one from past years or a sibling's if you'd like. All other items are optional. All orders must be made and paid for online by April 14th. They will be delivered in late April before our first meet. See your coach with any questions.

Other 7/8 Track links:
Informational Handout
Calendar
Sign-up Form
REMIND link



STRENGTH & CONDITIONING CLUB

6th-8th grade

This after school club will give you an opportunity to safely condition and strengthen your body using the equipment in the weight room. This club is for students at any fitness level- anyone who works hard can see improvement. We will meet Tuesdays and Thursdays during April and May, from 3:15 to 4:15. The number of students will be limited so please make sure you can commit to the entire season before you sign up. There will be an informational meeting in the Cafeteria during homeroom on Thursday April 6. Workout Sessions will begin on Tuesday April 11. You will need a physical on file in the office by APRIL 11. PLEASE READ this Link for more info and a calendar as you consider joining. Contact Mr. Brey with further questions or to sign up.

Yearbook club meets on Tuesday mornings in Room 149

Photo Club meets on Wednesdays, after school until 4 pm, in Room 149

The mindfulness Club will meet on Thursdays in room 141. This club will open its door before homeroom at 7:50 with an official start time of 7:55 to 8:10. We hope to see you there.