



## Announcements

October 24, 2023

Any Student interested in wrestling at ECMS, should attend a call-out meeting during Trojan Bell tomorrow, Wednesday, October 25.

Mr. Riehle will announce the meeting once attendance has been taken in your Trojan Bell Class.

This week is Red Ribbon Week, a week dedicated to raising awareness about drug abuse. This year's theme is Be Kind to Your Mind. Live Drug-Free. The theme is a reminder that by staying drug-free, you are sending a message to yourself and others about how much you value yourself, your overall health, your community, and your future. One thing's for sure...by making healthy choices, like staying drug-free, you are much more likely to achieve your goals. So aim for the stars! We believe in you.

Be on the lookout for small rubber ducks that have "Quack Facts about Red Ribbon Week". There will be two ducks hidden each day. If you find one, bring it to the office to claim your prize.

The FCCLA VIP Dinner is this Thursday at 6:00 PM in the middle school cafeteria. Please arrive promptly and enter through Door 4. Please confirm with Mrs. Neltner that you and your VIP are attending this event by today. Remember to dress nicely and look over the script for the ceremony. \*\*If you are on the VIP Committee, please plan on staying after school Wednesday to prepare the food until 6:00 PM and Thursday to set-up and finish preparing for the event. You should bring a change of clothes to change into as well.

Today's Lunch will be:

Classic: Teriyaki or Zesty Orange Chicken and Vegetable Pot stickers with Lo Mein

Create: Breakfast Burrito or Bowl

Pizza: Veggie Pizza

-cheese and pepperoni every day

Soft Pretzel with cheese sauce.

Wednesday's Lunch will be:

Chicken Nuggets, Dinner Roll, and Mashed Potatoes with Gravy

Create: Fiesta Bar

Pizza: Buffalo Chicken Pizza

-Cheese and Pepperoni Every day

Bosco Sticks with Marinara Sauce