

VALLEY VIEW MIDDLE SCHOOL



Thursday, January 18th, 2013

It is cold and flu season so please remember to wash your hands frequently and thoroughly, to “cover your cough” and to stay home if you are sick. You should remain home for 24 hours after having a fever and after vomiting. Thanks for your help in keeping our school community healthy!
Cathy Waldron, RN, MN

Ice Cream, popsicles, fudgescicles, orangescicles, our Parent Club will be selling it during lunches on Friday, come help support our Parent Club and get a treat also, price is only 50 cents.

If you have always wanted to learn to swing dance, now is your big chance. Join the Valley View and Glacier Peak Jazz Bands this Saturday night at 6:00 in the Glacier Peak Cafeteria for a Dance lesson and an evening of dancing to live Big Band Swing music. Tickets are \$8.00 for adults and \$5.00 for students. We hope to see you there!

Attention students who want to take the bus to GPHS for the conditioning class Monday through Thursday. You need to come to the office to sign up for permission to ride the bus there. The signup sheets will be taped to the table in front of the office.

Remember at lunch put your backpacks in your lockers, do not bring it in the cafeteria/commons area...if you forget and bring them in you will be sent to your locker so you can put it away.

It's time to start planning for girls basketball and boys wrestling. First day of tryouts is Tuesday, January 29th. Practice will be afterschool 2:30 – 4:30 in the gym for basketball and the aux gym for wrestling.

Birthday balloons and wonderful wishes today to: Arden Tobey

Quote for the day: "The intellect has little to do on the road to discovery. There comes a leap in consciousness, call it intuition or what you will, and the solution comes to you and you don't know how or why."

~Albert Einstein~

Red Ticket Winners; Kayla Watkins, Brenda Lasso, Faith Crosby

