

A decorative border of orange pumpkins with carved faces surrounds the text.

# Carney-Nadeau Public School

## Monday, October 24

Monday: Spaghetti & Meatballs, Salad, Garlic Bread

Tuesday: Meatloaf, Mashed Potatoes & Gravy, Corn

Wednesday: Sub Sandwich, Cheese Stick, Broccoli

Thursday: Chili, Pretzel with Cheese, Carrots

Friday: NO SCHOOL

**Monday:** JHBBB at Bark River 5:00pm

Boys' open gym 7:00pm

**Tuesday:** Volleyball-Home-North Central 5:30 – Parents Night

FFA National Convention

JH Quiz Bowl at Bark River 3:40pm, leave immediately after school

**Wednesday:**

**Thursday:** Volleyball-Home-Menominee 5:30pm

JHBBB at Stephenson 5:00pm

**Friday:** NO SCHOOL

End of 1<sup>st</sup> Marking Period

The Elementary pride pick winners are Brayden Harris, Hunter Flanagan, Jameson Arnold, Sadie Garrison and Bailey Corrigan.

Students today is the first day of our inaugural, "Good Choices Awareness Week". Teachers will be distributing "Make Good Choices" wristbands to all of you this morning, and we hope you all wear them for the entire week. Remember, you get a point each day you wear your wristband to school, and the classes in both the elementary and the junior high/high school with the most points at the end of the week will receive juice and donuts on the morning of the 31st. We have a Nuke "Em tournament in the gym during 7th hour today. Tomorrow is Career Day, the first of our two dress-up days, both of which provide additional opportunities for you to have some fun and earn additional points for your class.

Major holidays and extended breaks from school are exciting times, but the days leading up to them can be a bit stressful and increase our levels of anxiety. If you feel stressed, close your eyes for a moment and take a few deep breaths, while doing so think about the choices you can make today that might make you feel a bit less stressed tomorrow and be sure to consider the ways in which your words and actions can impact others. Talk to a friend or talk to any adult here in the building. We're all here to help you in any way we can.

Thanks everyone, and let's all work together to make it a great week!