

DREAM BIG

Dallas Center – Grimes Middle School

Jerry Hlas, Middle School Principal

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Think Great Thoughts... Do Great Things

Thursday, February 7th, 2019

Day 6

Schedule: Regular

BIRTHDAYS:

Tino Alaniz, Carson Ibeling & Neela Williamson

LUNCH:

Chicken Crispito

Or: Chef Joe

ACTIVITIES:

Boys Basketball practice until 5:15PM

ANNOUNCEMENTS:

The sign-up sheet for the next Kids in the Kitchen activity on February 11th is outside Mrs. Erickson's door. We are limited to the first 25 students that sign-up. See Mrs. Erickson if you have questions.

Softball Skill Sessions will be Friday, February 8th from 7:00-8:00AM

For 7th grade girls interested in track, please come up to the office and sign up. We will have an informational meeting on Monday, February 18th. See Coach Scott or Coach Kopecky for questions.

Swimming begins on Monday, February 11th. This is with Johnston Schools. MS just received the information. If any 7th graders are interested, please stop by the office.

Today's Through With Chew Week fact deals with e-cigarettes, commonly known as "vaping." Vaping was once thought as a healthy alternative to smoking tobacco, contains varying levels of harmful substances and contributes to unhealthy behaviors. Vaping doubles the odds that the user will advance to smoke traditional cigarettes. Formaldehyde and chemicals found in antifreeze can also be found in e-cigarettes. Because the liquid used in e-cigarettes comes in flavors such as cotton candy and strawberry, it's as dangerous as having bleach in your cupboard. Too much of the substance can lead to accidental poisoning.

Jerry Hlas,
Principal

Providing Students With

*Security to **DREAM**; Guidance to **THINK**; Power to **CHOOSE**; Wisdom to **KNOW***