



Good Morning McHenry Middle School!

Please stand for the Pledge of Allegiance.



"I pledge allegiance to the flag of the United States of America and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all."

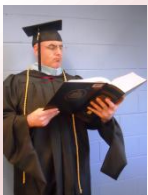
This is **Kayla Christy** bringing you today's WMMS News Announcements.

Today is Thursday, March 11, 2010

Did you know March is National Nutrition month? To help you make healthy choices, MAD Club will be sharing a tip for you each day...to help you make better choices! Here is your tip for today:

Question: What vitamins can be found in leafy green vegetables and helps your body make protein and energy?

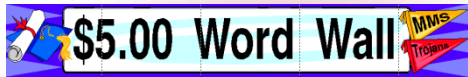
Answer: B vitamins



MAD U Question of the Week: **What destroyed the Japanese cities of Hiroshima and Nagasaki in August 1945?**



Want 2 free movie tickets? Answer the MAD U question and you could win!



The word again for this week is **paragon**. Names will be drawn Thursday at 2:00 p.m. Turn your answer in to the office. You could win a Subway footlong!



Track: All athletes must have their permission slip, athletic fee, and physical turned in prior to the first practice on March 15th or you will not be allowed to practice. If you think you are missing something, girls see Ms. Ball and boys see Mr. Horst. Be sure to bring clothes to run outside, running shoes, water, and a hair tie.



St. Baldrick's Day: Congratulations MMS, you've raised \$2400 for the childhood cancer cure. Tomorrow wear your green St. Baldrick's t-shirt and green hair extensions, which are just \$5.00. Get your hair extension today and wear it tomorrow!



Spirit Club: MMS dance will be sponsored by Spirit Club, hosting the live music of **POSEIDON** on March 19th, 2:30 to 4:00; featuring MMS 8th grader **Dean Sinclair** on drums! Wristbands will be on sale everyday during all lunches, up to and including March 19th. Wristbands are sold for \$2.00 and must be worn to enter the dance. Activity busses are available. Don't miss out, get your wristband today!

Next week is Spirit Week or rather

March Spirit Days!

Monday, March 15th – PJ day

Tuesday, March 16th – Favorite sports jersey or tee-shirt

Wednesday, March 17th – Green day... Shamrock gear

Thursday, March 18th – Crazy hair (no dyes) or favorite hat

Friday, March 19th – Tie-dye / Rock and roll wear



Drama Club: Meeting today for makeup and hair crew in A111. Friday, Publicity crew meeting in A111. If you have any questions, please see Mrs. Johnson in A111.



Homework Club: Meets today.



THEY ARE BACK! WENDY'S WARS ARE BACK! It is time for the reigning 7th grade champions to defend their title as Wendy's Wars Champions! This time – the winners of our wars will win a free OPEN GYM during their lunch period! The dates are as follows next week:

6th Graders – Tuesday March 16th

7th Graders – Wednesday March 17th

8th Graders – Thursday March 18th (8th Graders, you should go get dinner from Wendy's before the Science Fair!)

MMS will receive 15% of ALL of the orders placed between 5:00 PM – 8:00 PM on those three days. You don't even have to mention MMS or present a flyer. Just go eat at Wendy's and WIN!



Spelling Bee: Congratulations to Claudia Pasche, first runner up in McHenry County Spelling Bee. Way to represent, Claudia!



Springfield Trip: Reminder to all students attending the Springfield trip- medical forms need to be turned into Mrs. Stanard in room B114 by Friday of next week.

Hey, all of you out there.... Have great day!



Box Tops for Education: How would you like to win a free lunch pizza party, delivered to the school, for you and five of your friends? All you have to do is clip the Box Tops for Education and turn them into the school. For each month that the school collects 500 box tops - the PTO will hold the drawing for the pizza party. Bring them to school in an envelope or bag with your name on it. For every 10 box tops you turn in you will get one entry into the drawing. Just a reminder - you do NOT need to put your name on every box top. Just put them in a bag or an envelope with your name on it and you are all set. Thanks and keep clippin'.



New! The **Pageturners** book discussion group for girls & boys 10 & up! (Replaces Girls Read & Guys Read)



Run Your Life

Running Club for 6-8th Grades!
www.runyourlife.org



Running Clubs for Adults and Kids 6-8th Grades!

Come on out and join the fun! Be sure to dress for the weather, wear a good pair of running shoes, and bring a water bottle. This program is for runners of all abilities, including those who have never run before! It's a great way to begin and maintain an active and healthy lifestyle!

Adult Running Club: Meets Saturdays 7-8AM, Duker School, McHenry
Kids 6-8th Grades: Meets Sundays 1:00 – 2:00 P.M. at Duker School
Cost: Free

Safety green Run Your Life T-shirts are available in adult sizes for \$15.

Fun Times Kids' Clubs:

Our Fun Times Kids' Clubs are a great place for kids to hang out, play, and have a snack with friends on a Saturday morning! Join in any time! We meet the following dates and times:

Mar. 6, **Join in Anytime!**

***K-2nd Grade: 9-10:30AM, Edgebrook Elementary School, McHenry**

***3rd-5th Grade: 9-10:30AM, Edgebrook Elementary School, McHenry**

***6th-8th Grade: 6:30-8PM, Duker School, McHenry**

Our group is **very social** and **"group oriented."** Come **"hang"** with us!

Run Your Life Running Club: Kids 6-8th grades running club will not be held on Wednesdays but rather on Sundays from 1-2PM at Duker School. Along with our Runs, we will also be having games and prizes at each gathering. Hope to see you there!

****To Register for any of our opportunities: Please Email** your name, contact info and activities enrolling, to: runyourlife@sbcglobal.net.

You will receive a confirmation email regarding your enrollment. If you should have any questions, please call (815) 861.5074.