

# VHS ANNOUNCEMENTS

**Wednesday, June 7, 2023**

**LUNCH CHOICES:** Cheeseburger, Pizza, Meatball Sub, Bosco Sticks, Bulldog Grab n' Go (Variety of options are available). Breakfast is FREE to any student who qualifies for free or reduced lunch! Breakfast is ONLY \$1.35 per day. Served in the cafeteria from 7:20-7:38 am.

**VHS Quote of the Week:** "Many of life's failures are people who did not realize how close they were to success when they gave up." ~ **Thomas Edison**

**Students just a reminder for security purposes** please do not open the entrance doors for other students or visitors coming into the building. The office will identify and buzz them in."

## General Announcements:

**Students:** If you have medication in the main office, please pick it up before the end of the school year.

**Students:** Stop in the office if you are interested in a summer job doing weeding and yard/garden work.

**Students:** Any junior or senior looking for a summer nanny position please stop by the main office.

## Counseling Office Announcements:

**College/ Military Visits** - These visits will be conducted during all 3 lunch periods in front of the Counselor's Office

## Sports Announcements:

**Cross Country:** If you are interested in running Cross Country next year there will be an interest meeting Tomorrow, Wednesday the 7th at 2:45 in Mr. Smith's classroom.

**Sideline Cheer:** If you missed the parent meeting and are interested in Summer & Sideline Cheer, please pick up a packet in the main office.

**Girls Golf:** Any students interested in playing girls golf in the fall; there is a signup sheet in Mr. Roehm's room, 504. Please sign up by Wednesday June 7th.

**Speed and Agility Training Schedule:** June 12 - July 27 (Off the week of July 3<sup>rd</sup>).

- Football: Monday, Tuesday, and Thursdays
  - Linemen: Speed 8:30-9:00 am, Weight Rm 9-10 am
  - Skill: Speed 9:30-10 am, Weight Room 10-11 am
  - Middle School Football: Speed 10:30-11am, Weight Room 11 am – Noon
- Female Athletes: Incoming 6<sup>th</sup>-12<sup>th</sup> – Tuesday (turf) and Thursday (football practice field) 9:15-10:15am
- All Other Athletes: Incoming 6<sup>th</sup>-12<sup>th</sup> – Tuesday (football practice field) and Thursday (turf) 9:15-10:15 am

**Girls Basketball:** Any girls interested in playing girls basketball next season should pick up a summer schedule from Mr. Roberts in Room 203 as soon as possible.

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No Events Scheduled Today