

Fargo South Student Announcements

Wednesday, October 2nd, 2024



Announcements:

- The next Key Club meeting will be today after school. We will be having elections for our executive board. Please join us if you would like to run for a position and vote for positions!
- Hello Art Club! We will be meeting this Thursday, October 3rd in room G27 from 3:40-5:00. We will be doing a fun felt embroidery fall art activity. Hope to see you all there.
- Cooking Club will meet this Thursday at 3:45 in room C18. All are welcome. See Mrs. Denault with any questions.
- Tomorrow from 11am – 1pm we will have Concordia College in the commons. Please take the time to stop by and see what this school has to offer.
- The wellness Wednesday theme for this month is emotional awareness. At this time we would like everyone to join in an exercise that helps us to pause and identify our emotions.
 - ❖ Take a deep breath in.
 - ❖ Exhale to a count of four.
 - ❖ Hold your lungs empty for a four-count.
 - ❖ Inhale at the same pace to a count of 4.
 - ❖ Hold air in your lungs for a count of four.
 - ❖ Exhale, and silently reflect on how you are feeling