

Fargo South Student Announcements

Wednesday, October 9th, 2024



Announcements:

- PaY Members - We have the Highway Clean Up today. See Canvas for more details. Also, don't forget to attend the PaY meeting at 7:45 am tomorrow morning.
- Today from 11am – 1pm we will have the Army in the commons. Please take the time to stop by and get information and ask any questions you have.
- Attention Bruins!!! The time for Muscleball is here!!! The BEST student section gets half of the ALL the can goods...so come and cheer or play! It will be held at Sheyenne High school starting at Noon on Sunday, October 13th. Admission is \$5 or 5 cans. If you interested in forming a team, packets are in the office due to Mrs. Heggen or Mrs. Dunn by Thursday, Oct. 10th
- Can this be the very last announcement every Wednesday during the month of October. Does the same kid read them every day? If so, we may need to coach them to pause for the four seconds as they walk the school through this. Thanks! 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