



Northern Light



NMS Welcomes Mr. Corrao

North Middle Journalist Sarah Reed interviews
Assistant Principal Mr. Corrao.



Q: What did you do before being the assistant principal at North Middle?

Before I was the assistant principal at North Middle School, I spent the last three years as an assistant principal at a school district out east in Setauket called the Three Village School District. I was an assistant principal of Ward Melville High School for one year and then an assistant principal at Gelinas Junior High School for two years. Before that, I taught high school English at Great Neck North High School, and then before that, I taught high school English at Saint Anthony’s High School for 13 years. So I taught high school for 18 years, I was an assistant principal for three years. So that’s how I ended up here.

Q: What is your favorite part about having the job as an assistant principal?

I think my favorite part about being an assistant principal is the way that I get to interact with all different parts of the school community. You know as a teacher really you’re very student facing, which is wonderful because everybody knows that students are the best part of education. But as an assistant principal, I get to interact with the students, I get to interact with the teachers, I get to interact with the parents, and then even to an extent I get to interact with some of the other buildings in the district. Right so, that kind of reach, socialization and influence was really great because I feel like my actions in my decisions and the conversations can really have a further reaching impact.

Q: What is the hardest part of taking on the role of an assistant principal?

I think the hardest part about being a principal is that a lot of times, situations that you deal with are not pleasant. Like if you have to deal with student discipline or if you have to deal with parents who are unhappy about something. These are uncomfortable conversations. They’re difficult conversations and sometimes people aren’t going to be happy. You just have to know that while you’re going to try to make as many people as happy and comfortable as possible, it’s not possible to always make everyone happy. So I think that’s probably the most difficult part of the job.

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Q: What is the most unexpected thing that happened on your first day when you came to North Middle School?

That’s a good question. I have not really been surprised by anything at North Middle just yet. The students have been exceptional, the teachers really do a great job. The parents are kind and want what’s best for their students. I don’t really have any surprises yet. I would say, you know, if I extend that question out a little bit in terms of the most surprising thing about being an assistant principal, the hardest part was making the adjustment to not interacting with students as much as I did as a teacher. Again, students are the best part of this job when you’re in education, and as a teacher, you have that interaction built into your day when you’re teaching. As an assistant principal, I came to realize that I really had to work to have those interactions. So until I really understood that and made the effort to do that, the job just wasn’t as much fun as teaching. Now that I’ve been doing it for a few years, I’ve really come to love it.

Q: When you aren’t working, what do you do for fun?

When I am not working, I’m spending time with my family. I have a wife and three boys who are little. A little younger than middle school. They’re six, eight, and nine, so I spend a lot of time with them. I enjoy reading. I’ll play video games with my boys, I’ll be playing sports with my boys, board games. I like golf, and I like to snowboard. Things like that.

NMS Musical Preview

By Lily Weinberg

This school year, North Middle School students are going to be presenting *Peter Pan: A Musical Adventure* for everyone. Some people reading this might ask, “What is Peter Pan?” or “When should we be looking forward to watching this amazing musical?” Well, I’m here to answer those questions for you!

Peter Pan: A Musical Adventure is going to be presented on the night of the 25 and 26 of March, 2026. Make sure you save the date, because I have a pretty good feeling that this year, we are going to have an amazing performance.

Peter Pan: A Musical Adventure is about the magical adventures of Peter Pan, the boy who won't grow up, and his fairy sidekick Tinkerbell, who whisk the Darling children (Wendy, John, and Michael) away from London to the fantastical Neverland. When they get there, they battle the villainous Captain Hook and his pirates, encounter mermaids and Lost Boys, and learn about growing up, imagination, family, and the bittersweet loss of childhood innocence.

Make you sure you mark your calendars, because this year’s musical will be so amazing! Don’t believe me? I guess you’ll just have to see it for yourself.



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Through the Eyes of a Bodman: Frost Valley Day Time Activities

By Dayang Yu and Brian Huang

The Trip

Frost Valley is a sixth grade field trip to upstate New York, where students stay for three days. This year, the trip was from December 3rd to December 5th.

The buses to Frost Valley were a bit behind schedule, but hey, who even cared at that point? Everyone was just excited to go.

Just before we arrived, we saw a marvelous sight: a creek, flowing gracefully through snow and ice, and that was the scene that I could picture, anytime.

When we arrived, we were shocked to see that our cabins were HUGE, and they were more well heated than we thought! As soon as we saw those cabins, I thought that was it. Cabins close to the dining hall, in the perfect spot. So you could imagine how shocked I was to see that my cabin, Bodman 3, was up a steep, tall, icy hill. We were already bushed by the bus ride, and we had to climb a giant snowy and icy hill, with all our winter gear!

Day Time Activities

While we were at Frost Valley there, we did many activities during the day. There were two different kinds of activities during the day: indoor activities and outdoor activities. The grade was split into activity groups. Each activity group consisted of about 15-20 kids, with a few chaperones.

Indoor activities were mostly team building, like creating catapults and other challenges. Outdoor activities included playing in the snow, the cable bridge hike, the activity village, and some team building activities, and lots and lots of snow! Unfortunately due to ice, the cable bridge hike was canceled for many activity groups.

Question?

If you could repack for Frost Valley, what would be three things you would bring?



Frost Valley Night Activities

By Ethan Lu and Aiden Zhou

Students in 6th grade had a field trip to a place called Frost Valley. The drive was about three hours, and it was a two night trip. There were many activities during the day and also at night.

The first night, the students crowded into a small theater, and they were stirring with excitement. Then after they got settled, students watched a reptile show. The turtle's snap was terrifying. People were in awe when a huge snake was pulled from the box. People actually got to HOLD IT! Then just like that, it was over. At the end the teachers gave us a snack and we returned to soft and furry oblivion of the bed.

The next morning went through as a blur. Then at night, we went square dancing. After all that excitement, we got to make s'mores with marshmallows! We heated them over the fire built in a large indoor fireplace. The next day it was time to go. Everybody was really sad, but all good times must come to an end. We filed up and walked to the buses. We talked about the trip on the bus. Though Frost Valley was good, it felt good to be home.

School News

North Middle School Spelling Bee

By Dylan Chen

The North Middle School spelling bee was a notable event at school which happened on January 14, 2026. The winning students of the class spelling bees, which happened in English classes in December, were all invited to the school spelling bee. The bee lasted from 8:20 to 10:45, with an assembly from 9:38 to 10:45 for the entire school to watch. Victor, who did well in 6th grade and 7th grade, was eliminated in the preliminary round. In the end, eighth-grader Eric Lu won the school spelling bee, and Chloe Chan was the runner-up.

Advice from Miss Know-It-All

Dear Miss Know-It-All,

I've had many problems like this and I really don't know what to do. I've had this issue with just two friends and with two friend groups, and I had the same situation! This year, I'm part of two friend groups, but I noticed that they don't like each other. But I'm friends with both! I don't know who to sit with at lunch without feeling bad for the other group. What do you think I should do?

Sincerely,
Undecided

Dear Undecided,

I completely understand what you are going through and I know you feel kind of stuck, but it's okay because instead of trying to make just one decision, you can split time between both groups or both people! For one day you can go with one group, but then the next day you can go with the other group! Or for one week you can go with one group then the next week with the other. It's all about compromising!

Good luck!
Sincerely, Miss Know-It-All

Dear Miss Know-It-All,

I've been feeling kind of insecure lately because I keep seeing all these perfect looking people on social media. I keep seeing how pretty they are and how I look like the opposite of them! It's really been bringing my self esteem and confidence down. What should I do?

Sincerely,
Insecure

Dear Insecure,

Don't feel bad about the way you look! You are perfect just the way you are, and you shouldn't compare yourself or your body to anyone, especially to people on social media because they are probably using a filter to make them look different! Another reason why you shouldn't feel this way is because everyone has insecurities because they are human, but they are so focused on worrying about themselves that they don't have time to think about others' insecurities!

Sincerely, Miss Know-It-All



Winter Holidays Around the World

By Melanie Zhang

Have you ever celebrated a winter holiday? Many countries around the world celebrate their own unique holiday. Winter holidays worldwide often offer diverse traditions, with many starting back in time to celebrate their ancestors.

Popular worldwide celebrated holidays include these:

Christmas— Celebrated December 25th, marking Jesus’ birth, with traditions like pine trees, gifts, and family time.

Hanukkah— Celebrated in November or December, an eight day Festival of Lights featuring menorah lighting, gifts, and dreidel.

Kwanzaa— Observed December 26-January 1, celebrating African heritage with unity, self determination, and community.

New Years- (Global) Celebrated December 31-January 1, all countries celebrate New Years, just at different times.

In Europe, there are many fun, delicious, motivational winter holidays. In **Germany/Austria**, Christmas Markets appear around selling merch. **Krampusnacht** (December 5), where dark, devilish figures appear, is also celebrated. In **Scandinavia**, **St. Lucia Day** (December 13) is observed with processions, and Yule Goat Figures. In the **UK**, **Boxing Day** is on December 26, celebrated for charitable giving and post-Christmas sales. In **Spain**, “**Three Kings’ Day**” (January 6) is celebrated with gifts and parades. Lastly, in **Italy**, on “**La Befana**,” a benevolent witch who brings gifts on epiphany. These are only some of the many winter holidays celebrated around the world.

But wait a minute, why do we celebrate so many different ways? What is the secret thread that connects each celebration and tradition? It is easy to just list the names of these holidays. But the interesting part is *how* people actually celebrate them. Every tradition, whether it’s a game, a special food, or a specific decoration, has a story behind it. How people celebrate holidays varies greatly based on unique cultural practices and historical facts. For instance, the **Japanese New Year (Oshogatsu)** involves specific cooking preparations like **osechi-ryōri** and visits to shrines to pray for good fortune, a practice distinct from Western celebrations. The ancient **Persian** festival of **Yalda**, celebrated on the winter solstice, involves families staying up all night eating **pomegranates** and reading poetry to welcome the sun’s return. These activities are not random, but they are intentional actions of honoring specific beliefs and historical events.

We have seen that every unique holiday tradition has specific rules and facts, from special foods to specific lighting ceremonies. The important part is that these facts make each culture special and unique in their own way! They remind us that the winter season isn’t always a sad and gloomy time, and they remind us to gather and celebrate fun and special events through winter!

Now, this is YOUR reminder to have fun this winter, there are many activities you can do such as sledding, skiing, ice skating, hot chocolate, snowman building, and much more!



North High School's Production of *Chicago: Teen Edition*

By Maya Halpert

It will not come as a surprise to anyone that the North High School Theater Company has just finished another fantastic show. In late November, the company put on *Chicago: Teen Edition*, which is a classic musical currently on Broadway. The performances on Friday, Nov. 21, and Saturday, Nov. 22, started at 7 pm and ended at about 9 pm, while the performance on Sunday, Nov. 23, was a matinee and went from 3 pm to 5 pm. The show was performed in North High's own auditorium, which is a large space that has a ceiling adorned with several glamorous chandeliers. Countless hours and effort were put into the production by both the cast and crew, and it truly showed.

As cheekily stated in the opening number, *Chicago* is a story of "murder, greed, corruption, violence, exploitation, adultery, and treachery — all those things we all hold near and dear to our hearts." Given the ages of the audience and performers, it makes sense why some plot points had to be sanitized and the school chose to do the teen edition rather than the regular version. Even though it was the teen edition, the most important parts of the plot stayed the same. The musical still followed Roxie Hart and Velma Kelly, two women stuck in jail as they await their trial dates. Hart, having been sent to jail for the murder of Fred Casely, seeks help from suave lawyer Billy Flynn to spin her story for the press. She ends up competing with Kelly for fame and attention from the press as their trial dates loom closer. The first iteration of the musical was a 1927 play written by a journalist who was inspired by real-life murders in Chicago in the 1920s. It aged so well that in 1975, it was adapted into a musical with music from Fred Kander, lyrics from Fred Ebb, and a book by Ebb and Bob Fosse. The 1975 production is the most famous version of *Chicago*.

I was lucky enough to be able to have seen North High's *Chicago: Teen Edition* myself on the Saturday, Nov. 22 performance, and it was excellent. As always, the show was very professional and extremely well-done, and the cast was incredibly talented. Every single member of the cast was a fantastic singer, dancer, and actor, which is especially impressive because it is notoriously difficult to be very good at all three. In the scene where the press interviewed Roxie Hart, Roxie Hart (Lindsay Stoller) mouthed the words to what Billy Flynn (Sam Goldman) was singing to make it seem as if Hart was a marionette and Flynn was the puppeteer. The same scene also featured an extremely wordy and fast chorus, which the ensemble nailed perfectly. Kylie Deng, Maya Shamash, Ellie Segal, Natalie Shoshani, Sofia Shahid, and Leila Ghatani as the Merry Murderesses were extraordinary in "Cell Block Tango," one of the most famous songs from *Chicago* where several inmates sing about what landed them in jail. Lana Goldstein, playing Velma Kelly, did a phenomenal job in the show's opening number, "All That Jazz," which is another of *Chicago*'s most well-known numbers. Having seen *Chicago* on Broadway as well, I can also say that the stage pieces looked remarkably like those on Broadway. The set was even complete with the iconic flashing "Chicago" sign, which goes to show how good the stage crew is at what they do.

For any students or teachers who were unable to attend *Chicago*, I would highly recommend going to see any future North High productions. One upcoming performance that is almost guaranteed to be great is the opera, *Le Nozze di Figaro* (*The Marriage of Figaro*) which will be performed later this year. No matter the show, though, North High School always puts on a wonderful production, and *Chicago: Teen Edition* was certainly no exception. Kudos to the cast, crew, and musical team on another great performance!



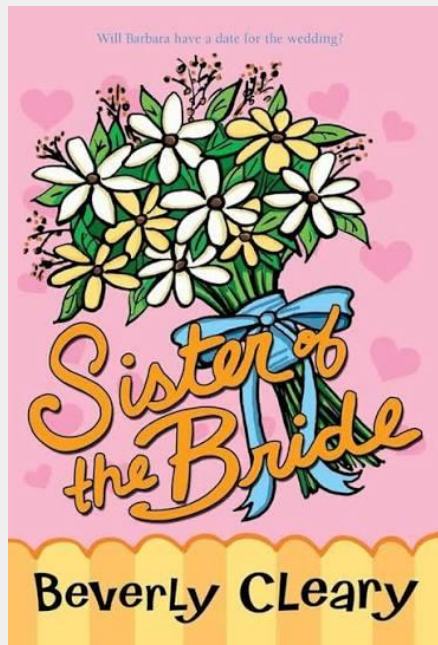
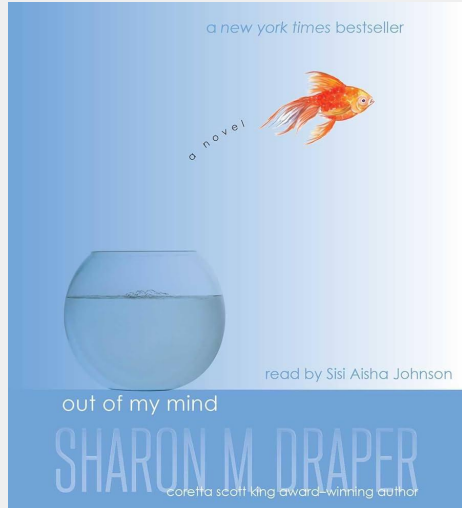
Entertainment Pages

Reviews, Fashion, Trends & MORE (cont'd)

Book

Recommendations

By Valerie Melendez



A book that is a MUST read is *Sister of the Bride* by Beverly Cleary. It's about a girl (her name is Barbera) who's just entered high school and her other sister (her name is Rosemary) who's getting married to her boyfriend, Greg. They're key characters—alongside their 13 year old annoying brother with his cat Buster.

Barbara wants to be like Rosemary, so she decides to get a boyfriend so she's not left out (you'll see!). This is a must read because it shows the relationships and problems that you might have in the future. It's a good read, trust!

The other book that I'd love for y'all to read is *Out of my Mind* by Sharon Draper. It's about 11-year-old Melody who has cerebral palsy and cannot speak, walk, or grab things. She feels hopeless that she can't speak her mind or tell her parents, "I love you." But they realize there is always a way to communicate with each other. There are sequels to this story that you'll love as much as I do!

Winter

By Lily Weinberg

Winter is graceful
Like a dancing snowflake
In the wind
You will feel the chill
Flurries in sight
Then you will know
That it's winter time
Once again
Candles are being lit
Trees are getting decorated
You can say goodbye to fall
Because winter is here



Entertainment Pages

Reviews, Fashion, Trends & MORE (cont'd)

Things to Do in Winter

By Athena Jin

Do you get bored in the winter? Or at least stumped on choosing what to do? Well, if the answer to these questions is yes, then great! Well, not great right now, but after you are finished reading this, I hope you know what to do next.

Ice skating is a wonderful choice! Of course it can be hard, but it's still very enjoyable. The Andrew Stergiopoulos Ice Rink is incredibly close to NMS as well. You don't even have to buy your own skates. You can rent a pair at the rink. Now, for the pricing, a kid who is a resident (bring your park card or your parents license), a plain ticket is \$7. An adult resident's ticket is \$9. A non-resident kid's ticket is \$11, and the non-resident adult's is \$15. Skate rentals cost \$6. It takes some getting used to when you skate, but once you've gotten the hang of it, you'll be okay.

If you get cold really easily and love indoor DIY activities, you can start crocheting! Of course you can also do this activity in any season. It's just more cozy in the winter, and you could crochet a winter holiday related object. And it can be super easy to buy. Instead of buying everything separately, you can buy a Woobles kit. They make great gifts for the holidays, and they come with a QR code where a video can show you how to make it. So, you can make your crochet cat with a bib, toucan with a hat, red panda, purple manatee, enderdragon, Pusheen, Elphaba, Bingo, Squidward, Pacman, or Kuromi in small steps.

Well, this was a short one. You should be able to do some activities. See ya later! And don't forget to stay tuned!

Winter Poll

By Sophia Yi

Do you ever wonder what some of NMS' favorite winter things are? Well, here are the answers to some of the questions.

The first question was "Is winter your favorite season?" Forty-five people put "no" and 14 put "yes." Twenty-nine people said their favorite season is summer, 13 people said fall, 7 people said spring, and 6 said they don't have a favorite season. Personally, my favorite season is summer, but I do enjoy the winter.

The next question was "Do you like to play in the snow?" Two people put "no," which is really surprising because I love playing in the snow and I thought everybody also liked to play in the snow. Forty-four people said yes, and 15 people said "maybe."

The next question was "What is your favorite winter holiday?" Out of 80 people, 38 said Christmas, 29 said Hanukkah, 8 said the new year, 1 said Chinese New Year, and 1 said Eid. Some people said they didn't have a favorite holiday but they like the winter break.

The next question was "What is your favorite winter activity?" Twenty people said playing in the snow, 24 said to be cozy at home, 9 people said sports, 13 said to bake something, 7 said everything, and 2 people said snowboarding.

Another question was "What is your favorite winter sport?" Thirteen people said snowboarding, 18 people said skiing, 18 said ice skating, 6 said ice hockey, 20 said that they don't have one, and 3 said sledding. Personally, I don't consider sledding to be a sport. I do enjoy sledding though. I also really like ice skating.

The final question was "What is your favorite part of winter?" Twenty-four people said the snow, and 2 people said throwing snowballs at their friends. Thirteen people said the break/no school and that they get to sleep in; 10 said being cozy and drinking hot cocoa at home, and 4 people said watching or playing a sport. Two people said that there are no more bugs, which personally I agree with because I don't really like bugs that much either. One person said gaming, and 13 people said either receiving or getting presents.

Entertainment Pages

Reviews, Fashion, Trends & MORE (cont'd)

TV Shows Review

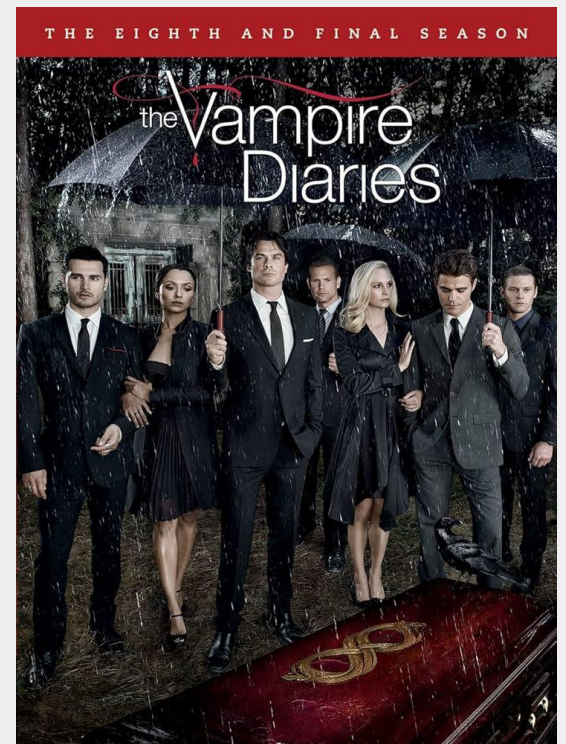
By Becky Aguirre

TV shows: something that you can binge watch and still have some episodes left for the next day.

See, I'm a person who loves TV shows instead of movies. I feel like a TV show will never end, but movies on the other hand always end too quickly. I've always loved watching TV shows. It's a hobby for me to watch them, and I always somehow finish them even when they are extremely long. Here are some of my favorites!

My top favorite TV show is *The Vampire Diaries*. *The Vampire Diaries* is an American supernatural teen drama show. The first season consists of introducing the main character, Elena Gilbert, who has recently lost her parents due to a car crash, and the only family she has left is her brother Jeremy and aunt Jenna. Then she meets the mysterious new student Stefan Salvatore, and she's unaware that he is Vampire. Later in the season there is a spark of love and romance in the season, but all of a sudden Stefan's older brother Damon Salvatore appears back at Mystic Falls (the show is set in Mystic Falls, Virginia). Damon Salvatore is the opposite of his charming, kind, and loving brother, and Damon is a cruel but charismatic vampire. We also get introduced to Elena's two best friends, Bonnie and Caroline. Later, we find out that Bonnie is a Bennett Witch, and that her ancestors were alive in 1864 with the Salvatore brothers. While Caroline is navigating her drama, Elena's brother Jeremy spirals, and amidst the chaos, the town's hidden secret is slowly but carefully revealing itself. *The Vampire Diaries* continue for seven more seasons, so in total, there are eight seasons of the show.

Our next show is *Sweet Tooth*, a fantasy drama show of a post-apocalyptic era. *Sweet Tooth* is set in a world in which a virus has killed a majority of the world's human population. At the same time, hybrid babies with animal characteristics are starting to appear. The main character Gus, a naive 10 year old deer hybrid, sets out to find his mother after the death of his father from the virus. The show is about Gus while he is trying to find his mother (whose name is Birdie) using clues. Following those clues that she left in Wyoming, he heads towards Colorado and eventually teams up with this hunter Jepperd who later turns into his guardian and friend. When they can't find her in Colorado, their quest expands all the way to Alaska, where Birdie went to research the sick virus and potentially find a cure. Gus is determined to reunite and help her. This show shows the determination that Gus had and how he never gave up on finding his mother. This show has three seasons.



Entertainment Pages

Reviews, Fashion, Trends & MORE (cont'd)

In third we have *My Life with the Walter Boys*. *My Life with the Walter Boys* follows a Manhattan teen Jackie Howard who moves to rural Colorado after losing her family. She finds herself navigating grief, ranch life, and a love triangle between two Walter brothers, the calm and steady Alex and the troublemaker Cole, all while she tries to get herself to Princeton. With season one ending in chaos and season two exploring deeper family drama, relationship complexities, and ranch survival, the show culminates in a cliffhanger like a potential family heart attack. This show demonstrates how Jackie Howard lost her family in a car accident, and through the pain and the grief she had, she never gave up on her studies and kept going forward. Sometimes holding on to all of these emotions almost breaks Jackie, but even though that happens, she keeps getting up and keeps her head up. This show contains two seasons with one coming out in 2026.

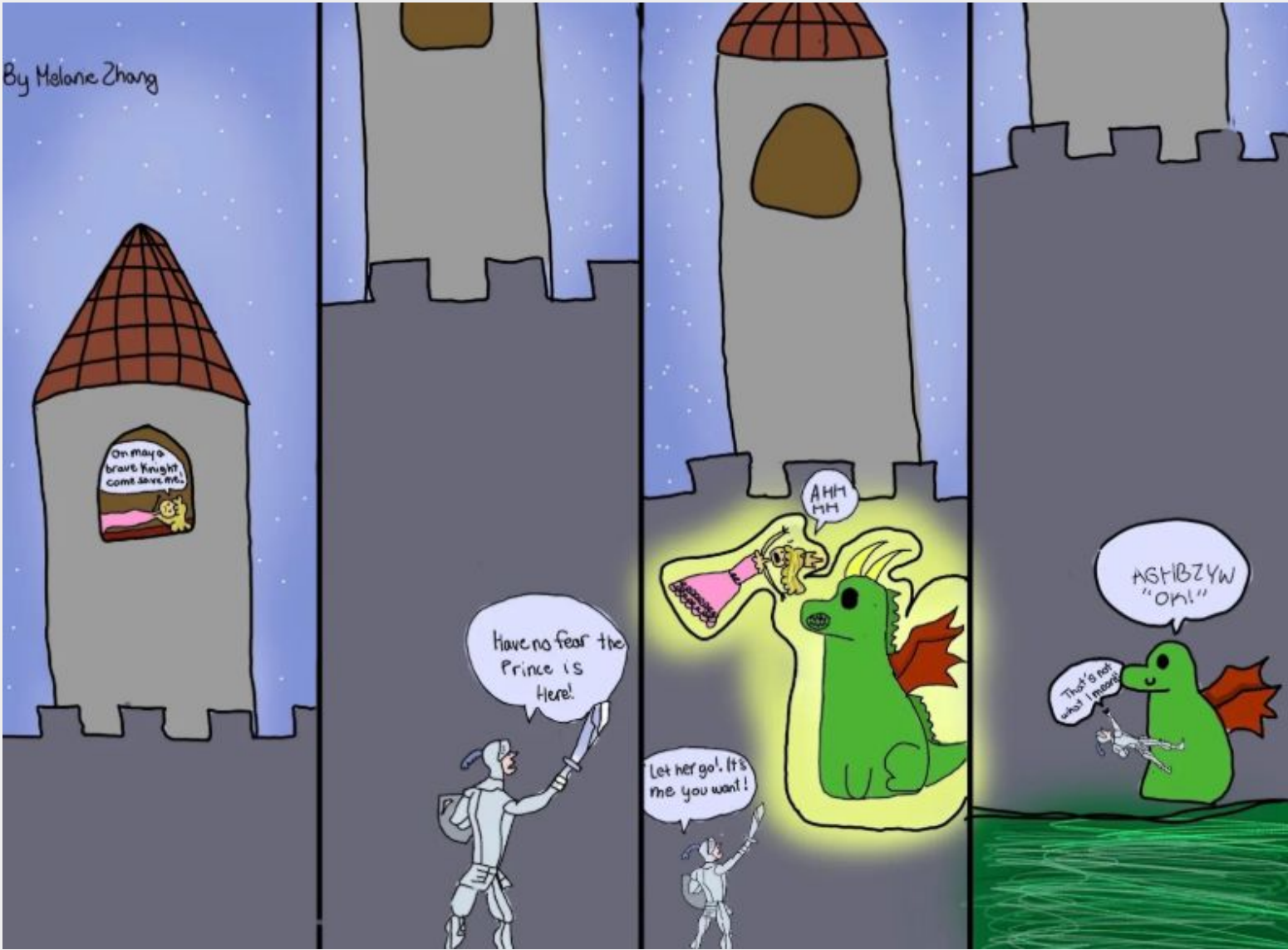
We also have one of the most popular shows ever, *The Summer I Turned Pretty*. This show starts off in season one, as it follows Belly Conklin (Isabel Conklin) while she is turning 16 at her mom's best friend's summer house at Cousins Beach. Later at Cousins Beach, she navigates a love triangle between moody Conrad and fun-loving Jeremiah Fisher, her longtime crushes, while also discovering her mom's best friend Susannah Fisher has cancer and wants to have one last great perfect summer. All this culminates in Belly choosing Conrad after he steps in at the debutante ball, and they share their first kiss, solidifying their romance amidst family turmoil. *The Summer I Turned Pretty* consists of three seasons where Belly is trying to find the love of her life.

And finally the last show is *Stranger Things*. *Stranger Things* starts off introducing a supernatural mystery in Hawkins, Indiana, when Will Byers vanishes after encountering a monster, leading his friends, his mother Joyce, police officer Hopper, and telekinetic girl named Eleven, to uncover a parallel dimension called the "upside down." They also discover government conspiracies and fight creatures from this dark realm. This show culminates when Eleven seemingly sacrifices herself to the demogorgon monster to save everyone. This show has five seasons, with the last season having just been released on Christmas of 2025.

To conclude all of this, I hope you have a great time watching at least one of these shows and recommending it to your friends and family.



Comics



Comics



Premier League Updates

By Derick Chen

The great sport, soccer! In the world of soccer, the best league is the Premier League in England. I am here to keep you informed about the stats, just like how Arsenal is absolutely cooking right now, with a huge lead in first place and with every other team far behind their trail. Viktor Gyokeres and Leandro Trossard are Arsenal's top scorers with five goals each.

Manchester City is in second place with 43 points, 6 points behind Arsenal in first place. They are going to have to win their next couple of games if they want to get past Arsenal. Meanwhile the team Aston Villa is going beast mode and making it all the way to third place. Last year they were fine, in 6th place, but climbing up the leaderboard is insanely hard.

The team Wolverhampton Wanderers F.C. is getting demoted to the second division because they only won one game, they tied some, but they lost the rest. Chelsea is doing horrendous by being in 8th place when they were much higher in the rankings last year. Tottenham is back to its place in 14th place. I have no idea how they are even still considered a Premier League team, but I guess it's mostly luck?

As far as outstanding players, Erling Haaland is the Premier League's top scorer with 20 goals! That's crazy! Another star, Igor Thiago, from Brentford has scored 16 goals, placing him as the Premier League's second top scorer. Anyways that is it for the updates for right now. Stay tuned for the spring updates.

Intramurals

By Jacob Roodman

Intramurals is a fun activity that you can do in the morning and in the afternoon. It starts in the morning from 7:20 to 8:15, and in the afternoon it is from 3:00 to 4:20. It's every day of the week in the morning and in the afternoon. The intramurals schedule is listed down below:

You can get there whenever you want, but most people get there at 7:20 or 7:40. Usually there are 16-32 people there, but it depends on what sport it is.

NORTH MIDDLE SCHOOL- INTRAMURAL SCHEDULE					
January 5th, 2026 - January 30th 2026					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning 7:20- 8:15	Soccer (Gym) ⚽	Basketball (Gym) 🏀 & Fitness Center/ Weight Room Rm 2	Soccer (Gym) ⚽ & Fitness Center/ Weight Room Rm 2	Basketball (Gym) 🏀 & Table Tennis (Ping-Pong) Rm 25	Soccer (Gym) ⚽ & Fitness Center/ Weight Room Rm 2
After-School 3:00-4:20	Fitness Center/ Weight Room Rm 2 & Table Tennis (Ping-Pong) Rm 25	Fitness/Weight Rm in Room 2 & Table Tennis (Ping-Pong) Rm 25	Fitness Center/ Weight Room Rm 2	Table Tennis (Ping-Pong) Rm 25	No - PM (Afternoon) Intramurals on Fridays Fitness Center/ Weight Room Rm 2

Morning drop off is at the bus platform. Please do not arrive before 7:20 am. Students will remain at intramurals until 8:15 am.
-Students **must sign in for attendance** as they arrive for all sessions and sign out if leaving before 4:20.
-Students must be prepared to participate with **sneakers**, shorts/t-shirt, and a water bottle.
-If a student is medically excused from PE or Athletics, they cannot participate in Intramurals.
-Parent pick-up can be any time **before 4:20** at the **bus platform**.
-Late Buses are available at 3:45 and 4:30
North Middle Physical Education Staff - Mrs. Beaudoin, Mr. Flete, Mr. Kasdorf, Mrs. Keen, Mrs. Zwick

