

**Today is Thursday, October 3rd**  
**Today's Lunch is a Hot Dog**  
**Tomorrow's Breakfast is a Sausage Biscuit**

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**Start with Hello** is a campaign that started with families who lost loved ones in a elementary school mass shooting in Newtown, Connecticut. In 2018, there were 97 shooting incidents in U.S. schools. 4 out of 5 of these violent acts had someone who knew about it in advance but didn't report it. Connecting to people in our school community reduces isolation and helps us stay safe and cared for. Today your challenge is: Take a selfie with someone in your class and post it with the hashtag "start with hello" and tag Tosa East. Let's see how many we can get.

### **Chess Club**

Hey Everyone! Chess Club starts **Tuesday, October 8th** after school in room 272. If you want to learn how to play chess or if you want to show us your grandmaster moves, either way is fine by us. We'll give you all the information on playing just for fun. Plus we'll tell you how to earn a spot on the chess team. We were the Division 2 State champions last year and plan to repeat this year so come and join. Again, Chess club starts this coming **Tuesday, October 8th** in room 272. See you then!

### **Raise Your Voice Psychology Club**

Did you know that 1 in 5 adults will experience mental illness this year? This week is Mental Illness Awareness Week. If interested in helping increase awareness about mental health issues, join us for the Raise Your Voice Psychology Club meeting **TODAY** after school in Rm 256. We will be discussing how mental illness has impacted people you know and creating awareness posters.

### **Career Center**

Grinnell College(IA) will be holding their college visit on **Friday Oct. 4th** during 7th hour in the CC.

### **Athletics**

If you love pizza, your chance to support the Wauwatosa Blazers Lacrosse Teams is coming on **Sunday, October 6th** at Pizzeria Piccola on State Street. Enjoy a meal there between 11:00 am and 9:00 pm on Sunday and 25% of your purchase will be donated

to the lacrosse teams. Eating pizza and supporting our teams - it doesn't get any better!!

**Have a great Thursday!**