

Today is Wednesday, October 30th
Today's Lunch is a Toasted Cheese Sandwich
Tomorrow's Breakfast is an Egg and Cheese Bagel

Boys Cross Country

Cross Country boys who have not turned in their uniform need to turn it in as soon as possible. Coaches will be available after school, or you can also turn it in to Mr. McDaniel's room, room 250. Those who do not turn in their uniform will be charged for a missing uniform, and will not receive their end of season awards.

National Art Honor Society

NAHS students, we will be having a meeting this **Thursday**, Halloween day, after school in room 170.

TE Football

Attention all individuals that are interested in playing football next year! After school in the weight room on Wednesday and Thursday we will be pretesting for the strength program. If you are interested, please see Coach Pfeiffer in the Raider Room.

Girl's Soccer

Attention: All girls who are planning on playing soccer in the spring for Tosa East. Starting the week of October 20th, on Tuesdays and Fridays, there will be an opportunity for all candidates for girls soccer to work with strength and conditioning coach, David Wells, after school from 3:30 - 4:30. Please make it a point to attend as many of these workout sessions that you can. Gather up some of your teammates and head to the weight room on Tuesdays and Fridays to prepare yourselves for the spring season.

APPSE

Puppy Chow week is here! APPSE will be selling Puppy Chow during both lunches outside the office and in the Raider Room. Be sure to buy some and support APPSE with their travel this year. (Feel free to ad lib about how great Puppy Chow and/or Mr. McHugh/APPSE is)

Softball

Attention any girls interested in joining the softball team for the spring season:

Wednesday open gyms will begin on October 30th from 7:30-9:00 and continue until the season begins in March. Sunday open gyms will begin on November 3rd from Noon - 2:00pm. Stop in and see if softball is for you.

Have a great Wednesday!