

Today is Monday, September 30th
Today's Lunch is a Corn Dog
Tomorrow's Breakfast is French Toast

Start with Hello.

Social isolation is a growing epidemic in our school community. Many of us have experienced this overwhelming feeling of being left out, lonely, or invisible. Wauwatosa East, in partnership with Sandy Hook Promise, is taking part in a campaign called "Start With Hello" in order to create a culture of connection. This week Link Crew leaders will engage in school-wide activities to help us connect. Join us and make new friends.

Your challenge today is this: Meet someone new today. Then introduce them to someone else.

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!!

Black Student Union

Black Student Union will meet **TODAY** after school in Room 280. Elections for the 2019-2020 school year will take place on this date.

Career Center

The University of Alabama will be in the Career Center 7th hour **TODAY!**

Craft Club

The next Craft Club meeting will be **TODAY**, September 30th, in Ms. Sampson's room after school. Please come to room 268 today if you'd like to craft with us!

Amnesty International

Amnesty will have their second meeting of the year **TODAY**, September 30th, after school in Mr. McDaniel's room, room 250. If you were unable to make the first meeting, this will be a great time to see what Amnesty is all about. Hope to see you there!

Anime Club

Are you interested in Anime? Come join the new Anime Club. Our first meeting will be this **Wednesday, October 2nd**, in the ARC after school. All Anime enthusiasts are welcome! Have more questions? Email Emma Currie.

Boys Cross Country

The boys cross country team placed 8th out of 20 teams at the Manitowoc Len Nicolai Invitational this weekend.

- Arthur Wellenstein and Grant Heus led the team by finishing 7th and 8th respectively in a PR time of 16:45 for both runners.
- Steven Koss ran a PR 17:56 for 36th, Conor Carroll ran a PR 18:58, JT Foti ran a PR 19:07, Jake Boeder ran a PR 19:08.
- The JV finished 6th out of 18 teams and freshman Matthew Peura led the team in a PR 18:56 for 26th place.

Girls Cross Country

The varsity girls cross country team placed 9th out of 18 schools at the Manitowoc Len Nikolai Invite last Saturday.

- Freshman Nadia Phillips earned medalist honors, and was the first TE harrier across the line in a PR time of 20:32. Senior Olivia Bowser (53rd / 22:19), Freshman Kate McCaffrey (56th / 22:23 PR), Seniors Mara Zydek (72nd / 22:44), Molly McCaffrey (74th / 22:49) rounded out the scoring. Senior Skye Sell (75th / 22:49), and Freshmen Kate Tarrence (77th / 22:52 PR), and Libby Koss (78th / 22:52 PR) also competed on the varsity squad.
- Junor Delaney Regan had an outstanding day, running to the second fastest time of the day for the Raiders. Delaney's PR time of 22:15 was good enough for 3rd place in the race. The JV team placed 3rd out of 16 schools. Senior Aydan Peterson (12th / 23:08 PR) and Freshman Holly Holton (15th / 23:13) also earned medalist honors in the JV race.
- This week is our "Pink Out" race at the Cudahy Invite on Saturday at Sheridan park. Each girl on the team will be dedicating her race to someone in her life that

has been affected by cancer. Net proceeds from our t-shirt sales will be donated to the American Cancer Society.

Have a great Monday!