



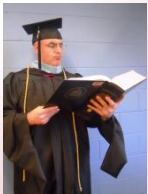
Good Afternoon McHenry Middle School!

This is **Kayla Christy** bringing you today's WMMS News Announcements.

Today is Friday, March 5, 2010

Did you know March is National Nutrition month? To help you make healthy choices, MAD Club is sharing a tip for you each day...to help you make better choices!

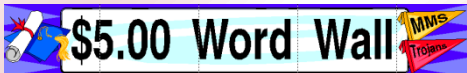
Here is your tip for today: Did you know that breakfast foods that are high in sugar like doughnuts actually slow down your brain function? Instead stick with breakfast foods that are high in protein like eggs and dairy products!



MAD U Question of the Week: **Who is Casimir Pulaski and why do we celebrate his birthday?** The winner from last week is Jenny Potter! Congratulations!



Want 2 free movie tickets? Answer the MAD U question and you could win!



The word for next week is **paragon**. Names will be drawn next Thursday at 2:00 p.m. Turn your answer in to the office.

You could win a Subway footlong!



Track: All athletes must have their permission slip, athletic fee, and physical turned in prior to the first practice on March 15th or you will not be allowed to practice. If you think you are missing something, girls see Ms. Ball and Boys see Mr. Horst.



Builder's Club: Meets today after school in Mrs. Agnes' room.



School Store: Will be closed during ISAT's, any student needing to purchase a pencil can find one in the pencil machine in the learning center. School store will re-open next week after ISAT's are over.



MAD Club: There will be a MAD Club meeting on Monday March 8 after school in Mrs. Andresen's room. We will be working on our April Fundraiser called Pennies for Patients, benefitting people with blood cancers.



WMMS News: All news members meet Monday after school.



Reading Group: Any students who have attended Mrs. Stern's reading group on Mondays, there will be a reading group meeting this Monday after school. Please make sure you attend.

Hey, all of you out there.... Have great day!



Box Tops for Education: How would you like to win a free lunch pizza party, delivered to the school, for you and five of your friends? All you have to do is clip the Box Tops for Education and turn them into the school. For each month that the school collects 500 box tops - the PTO will hold the drawing for the pizza party. Bring them to school in an envelope or bag with your name on it. For every 10 box tops you turn in you will get one entry into the drawing. Just a reminder - you do NOT need to put your name

on every box top. Just put them in a bag or an envelope with your name on it and you are all set. Thanks and keep clippin'.



New! The **Pageturners** book discussion group for girls & boys 10 & up! (Replaces Girls Read & Guys Read)



Run Your Life

Running Club for 6-8th Grades!

www.runyourlife.org



Running Clubs for Adults and Kids 6-8th Grades!

Come on out and join the fun! Be sure to dress for the weather, wear a good pair of running shoes, and bring a water bottle. This program is for runners of all abilities, including those who have never run before! It's a great way to begin and maintain an active and healthy lifestyle!

Adult Running Club: Meets Saturdays 7-8AM, Duker School, McHenry

Kids 6-8th Grades: Meets Sundays 1:00 – 2:00 P.M. at Duker School

Cost: Free

Safety green Run Your Life T-shirts are available in adult sizes for \$15.

Fun Times Kids' Clubs:

Our Fun Times Kids' Clubs are a great place for kids to hang out, play, and have a snack with friends on a Saturday morning! Join in any time! We meet the following dates and times:

Mar. 6, **Join in Anytime!**

***K-2nd Grade: 9-10:30AM, Edgebrook Elementary School, McHenry**

***3rd-5th Grade: 9-10:30AM, Edgebrook Elementary School, McHenry**

***6th-8th Grade: 6:30-8PM, Duker School, McHenry**

Our group is **very social** and **"group oriented."** **Come "hang" with us!**

Run Your Life Running Club: Kids 6-8th grades running club will not be held on Wednesdays but rather on Sundays from 1-2PM at Duker

School. Along with our Runs, we will also be having games and prizes at each gathering. Hope to see you there!

****To Register for any of our opportunities: Please Email** your name, contact info and activities enrolling, to: runyourlife@sbcglobal.net.
You will receive a confirmation email regarding your enrollment. If you should have any questions, please call (815) 861.5074.