RLMS Announcements for Thursday, September 3, 2015

- 1. Please stand for the Pledge of Allegiance.
- 2. Be sure to return your completed emergency, internet and free/reduced lunch forms. Place them in the basket on the office counter.
- 3. Starting next week, the fitness center will be open on Tuesdays and Thursdays from 3:30-4:30 pm for



- workouts. See Mr. Dobbs if you have any questions regarding the fitness center.
- 4. Want to get in shape? Train hard? Build endurance? See yourself set and accomplish goals you never thought you could? Hawks cross country is looking for more runners---no experience necessary. 6th, 7th, and 8th grade boys and girls! It's not too late to join! And it is a blast! Be a part of a sport that brings out the best in each other....stop in the office today to get more info!!

All current hawks Cross Country runners should pick up their t-shirt order form in the office after school today.

Good luck to our Middle School Cross Country Team as they have a meet today at Marathon. Runners may be dismissed from classes at 1:40 pm for a 1:50 pm departure.

- 5. There are No Birthdays today at the middle school.
- 6. Have a good day!