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VOL 4

NEWSLETTER

Lost and Found

When you visit for Parent Teacher Conferences, please check out the lost and found. It is about to outgrow its location and items will be donated.

**Donation Day:
October 20th**

What's In This Month's Issue?

- Lost and Found
- Healthy Choices Week
- Upcoming Dates
- Parent Teacher Conferences
- Unity Day
- Book Fair



Book Fair

Our new book fair provider Literati has some AMAZING books at great prices. There is something for everyone. Please stop by next week during conferences.

Don't forget to ask what is on your teachers WISHLIST!



UNITY DAY

OCT 18, 2023

WEAR AND SHARE
ORANGE
FOR

KINDNESS
ACCEPTANCE
INCLUSION

#UNITYEVERYDAY
PACER.ORG/UNITYDAY

UPCOMING DATES

- Oct 17 & 19- Parent Teacher Conferences 2:30 - 7:00
- Oct 17 & 19 PTO collecting candy for Boo Grams
- Oct 17 & 19 Early release at 1:00 PM
- Oct 18: Unity Day
- Oct 20: NO SCHOOL
- Oct 23 - 27 Healthy Choices Week
- Oct 27 Clubs begin

Healthy Choices Week

OCTOBER 23 - 27

Cabot Middle School North Spirit Days

MONDAY



Ken & Barbie Day

You are **KEN**ough!
Practice Affirmations

TUESDAY



PJ Day

Sleep is good for you!
Make sure you get enough

WEDNESDAY



Team Jersey Day

Exercise energizes you and clears your mind

THURSDAY



Future Career Day

Setting Goals builds motivation and helps prepare you for your future

FRIDAY



"House" of Hope

Favorite Go-To Coping Skill:

Wear...

Yellow - Sunshine/
Being outside

Green - Eating healthy

Blue - Mindfulness

Red - Journaling,
Drawing, Coloring, Etc.

CLUBS

We are so excited to bring clubs back to CMSN. We started small, so all students may not have gotten in a club for this session. Don't worry there will be more opportunities to join!