

Good morning Sarasota Middle School

Today is Wednesday, April 10, 2019



A few words of wisdom to start your day-

There's an ancient text* that reads:

There are no riches above a sound body.

All the riches in the world mean nothing if you don't have good health and a sense of well-being.

Every day we are faced with choices that affect our health and our bodies-choices such as: Do I go out and ride my bike this afternoon, or do I sit here and play my twentieth video game? Do I eat the whole bag of Oreo cookies, or do I eat just two? Do I get some sleep, or do I stay up all night and watch TV? Do I poison my body with drugs, or do I nurture my body with good food?

Walt Whitman says:

If anything is sacred, the human body is sacred.

One definition for the word sacred is "treated with the highest respect." Today, ask yourself if you are treating your body with the respect it deserves. You'll be a richer person for it!

Attention current NJHS members: Our LAST meeting for this year will be this Friday, April 12, at 8:45. Please be sure to attend because we will be wrapping up the year. If you have your service hours complete, please be sure to turn your form in as soon as possible!

All seventh-grade students interested in becoming a WEB LEADER for next year should report to lunch today or tomorrow in the café lounge for a quick presentation on how to become a Web Leader. You will also receive an application and teacher recommendation form at that time. All applications and teacher recommendations are due by April 18th. Extra applications will be available in the front office after the meeting.

"If you or a friend are in need of a safe and confidential way to seek help, PLEASE text HERE4U to 741741. The text line is available 24/7 and is ALWAYS confidential. You are never alone. We are HERE4U."

SMS students will be taking the i-Ready Math Diagnostic #3 today. All students will report to their advisory testing location to begin the day. Please check with your advisory teacher for testing locations. We will be on a modified schedule today. It is important that all students take their time and do their very best on the i-Ready diagnostic #3. These scores will be used to help determine placement into support or advanced classes for next year.

All busses have arrived on time and all students should be in their 1st period class at this time.

Students, remember our Panther Pact: be Polite, Prepared, Productive and Safe!

Have a winning Wednesday!

*Apocrypha