**HARRY MILLER MIDDLE SCHOOL**

**ANNOUNCEMENT FORM**

**Today’s Date**: **Monday, November 27, 2017**

**Thursday’s Name that Tune Winner is Mme. LeBlanc. The song was RESPECT by Aretha Franklin. Please come to the office to collect your prize! ☺**

**Administration: Mme McCrea:**

Today there will be Art Club at 12:15

**Teacher: Mrs. Throop:**

The Varsity Girls Practice today from 3- 4:30.

The Varsity Boys Practice today from 6-7:30.

The JV girls basketball team has been chosen. Thank you to all the girls who came out to tryouts. The final list will be posted by break time. For those girls who made the team, you will practice today from 4:30-6.

This week intramurals is for grade 8. Today you are playing soccer.

Mindful Monday –

This week is Mental Health Awareness week. A key component to our Mental Health is our resiliency. Today’s bounce back/resiliency skills is Emotional Awareness!

You are in charge! When you are aware of your feelings, you can make choices about how you are going to act. In the busy-ness of your day, take a moment to pause and notice how you are feeling. Ask yourself, “Am I choosing the best way to act when I am feeling this way?”. Remember this important pact: Pause and think before you act!

Have a mindful Monday!