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COUNSELING CENTER

By R. Rask

Hello Everyone! I will be putting monthly updates in the newsletter on what is going on in the counseling world. For elementary counseling we are focusing on the word Responsibility. We will work on different activities that are geared towards responsibility.

If you are a senior or senior parent, I have the Remind app to put updates out for everyone. The class code is @36e4ha you can join at any time, you will only see the updates from the point that you join. There are a couple different events coming up that I want you to be aware of. It is college application week starting September 30th-October 11th, the seniors can apply to MT colleges and universities for free during that time period! On October 8th Beth Petro will be here with Reach Higher Montana to give a presentation for Seniors and Parents about preparing for your senior year. I will also be adding any scholarships that are coming up due for the month of October. Please let me know if you have any questions! I am here to help!

There are only 2 scholarships that I have listed for the month of October: AES Engineers Scholarship-Due 10/08/24 VFW-Voice of Democracy Scholarship-Due 10/08/24

Have a great October everyone!



October 2024 Breakfast/Lunch Menu

Sep. 30 - Oct. 3

Mon: Breakfast - Cheese omelets, toast, and fruit

Lunch- Sloppy Joes, fries, corn, and fruit

Tues: Breakfast - Bagel breakfast sandwich and fruit

Lunch- Chicken nachos, rice, black beans, and fruit

Wed: Breakfast - Biscuit and gravy, fruit

Lunch- Cheeseburgers, fries, green beans, and fruit

Thurs: Breakfast - Vanilla cake donuts, yogurt, and fruit

Lunch- Chicken bacon ranch wrap, chips, carrots, and fresh fruit

Oct. 7 - 10

Mon: Breakfast - Cinnamon rolls, yogurt, and fruit

Lunch- Spaghetti and meatballs, garlic bread, green beans, and fruit

Tues: Breakfast – Pancakes, sausage, and fruit

Lunch- Chicken tacos, refried beans, and fruit

Wed: Breakfast - Cereal, yogurt, pop tarts, and fruit

Lunch- Hot dogs, fries, corn, and fruit

Thurs: Breakfast - Scrambled eggs, cheese, bacon, toast, and fruit

Lunch- Grilled chicken sandwich, chips, carrots, and fruit

Oct. 14 - 17

Mon: Breakfast - Yogurt parfaits, cheese sticks, and fruit

Lunch- Breaded pork chops, au gratin potatoes, peas, and fruit

Tues: **Breakfast** – Blueberry muffins, yogurt, and fruit

Lunch- Soft shell tacos, rice, refried beans, and fruit

Wed: Breakfast - Croissant breakfast sandwich and fruit

Lunch- Chicken strips, fries, broccoli, and fruit

Thurs: Breakfast - NO SCHOOL

Lunch- NO SCHOOL

Oct. 21 - 24

Mon: Breakfast – French toast sticks, sausage, and fruit

Lunch- Pepperoni pizza, caesar salad, and fruit

Tues: Breakfast - Breakfast pizza and fruit

Lunch- Tortellini sausage soup, cheesy breadsticks, corn, and fruit

Wed: Breakfast – Pancake/sausage wrap on a stick and fruit

Lunch- Mini corn dogs, pretzels with nacho cheese, broccoli, and fruit

Thurs: **Breakfast** – Maple bars, yogurt, and fruit

Lunch- BBQ pork sandwich, chips, carrots, and fruit

Oct. 28 - 31

Mon: Breakfast - Breakfast rice, toast, and fruit

Lunch- Pizza sticks, green salad, and fruit

Tues: Breakfast - Breakfast burrito and fruit

Lunch- Chili, cinnamon rolls, corn, and fruit

Wed: Breakfast – Pancakes and sausage, fruit

Lunch- Cheeseburgers, fries, baked beans, and fruit

Thurs: Breakfast – Pumpkin muffins, yogurt, and fruit

Lunch- Ghoul..osh, breadsticks, green beans, and fruit

October 2024	Fri Sat	5	314 VB Poplar Tournament 2:00 +15+20 VB at R&L Tourney in Lambert TBA JH/V FB CULBERTSON JH/HS XC at Miles City	11 12	JH/V FB at Fairview 4:30/7:00 V VB at Nashua 5:00 pm JH/HS XC at Sidney 10am	18	1	JH/HS XC at Culbertson JH/V FB at Poplar 4:30/7:00	25 26	JH/V FB EKALAKA 3:30/6:00 HS State XC Meet	at Missoula JV/V VB Froid/Lake at Med Lake 5:30 +20	Nov 1: Parent Teacher Conferences Nov 2: 1st Round of FB Playoffs		
	Thu	~	8"/JV/V 2:00	10	JV/ V VB PLENTYWOOD 5:00 +20	17	MEA DAYS NO SCHOOL	XSH/Hſ	24	JH/V F	JV/V VB at Poplar 5:00 +20 Med L	31 Nov 1:1	HALLOWEEN	Volleyball District 1C at
	Wed	2		6	ASVAB for Juniors	16			23			30		
	Tue	_		80	Parent Night for Reach Higher Montana at 6pm	15	Picture Retake Day - ??	V VB LUSTRE CHRISTIAN 6:00 pm	22		Flu Shot Clinic for Staff/Students 1:00 pm	59		
	Mon			7	JV FB at Culbertson 4:30 pm V VB FRAZER 6:00 pm	14	FFA: Nile in Billings JV FB FAIRVIEW 4:30	JV/V VB WOLF POINT 5:00 +20	21		End of Qtr 1	28		
	Sun			စ		13			20			27		

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