

# WMS DAILY ANNOUNCEMENTS

February 10th  
B Day

## Upcoming events:

2/16 - School closed - Presidents' Day

2/17 - School closed - Lunar New Year



### SGA - Wellness Week

Eat the rainbow! Blue and purple fruits and vegetables have "phytochemicals" that help with memory function and can even prevent some types of cancers.

Foods in this category include: Blueberries, grapes, eggplants, and purple cabbage!

Yes, Taki's are blue, but they are the worst thing you can eat! They have artificial colors that can disrupt your immune function and ability to concentrate, preservatives that can increase the risk of food allergies, and they have no nutritional benefit to our bodies.

So stay clear of Taki's and put only healthy fruits and vegetables in your body!!

### Volleyball Club

There will be Volleyball Club Wednesday after school, February 11th in the Gym. We will be going back to every Wednesday after school for our club days.

### Continental Math Competition

Continental Math Competition will take place on Tuesday, Wednesday or Thursday in Mrs. Cirrotti's room 38 during lunch **and WIN** for each grade level.

All students who signed up should:

Bring your Chromebook and lunch to room 38 at the BEGINNING of lunch/ WIN period.

You must create a Smartpass

You will stay for lunch and WIN

If you are in Mrs. Lo's math, you will take Continental Math during class.

### Spring Sports

Sign-ups for Spring sports is open in Genesis.

Last day to register will be March 2, 2025.

Spring sports are: Baseball, Softball, and Track

All sports forms (complete physical exam forms or Health History Update forms) are due in the Health Office by March 2, 2025.

If you have any questions email:

Nurse Lontai School Nurse WMS @ [llontai@warrentboe.org](mailto:llontai@warrentboe.org) or  
Nicholas Bayacheck, Athletic Director WMS @ [NBayacheck@warrentboe.org](mailto:NBayacheck@warrentboe.org)