

I pledge allegiance to the flag of the United States of America and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.

C.O.R.E – Community, Ownership, Respect, Excellence

MEETING INFO

Monday: General Tso Spicy Chicken w/ Rice **Tuesday:** Walking Tacos

Wednesday: Cats Fil-A Chicken Sandwich

Thursday: Chicken Alfredo w/ Breadstick **Friday:** Bosco Cheese Stuffed Breadstick

GENERAL

Are you looking to get more involved in the FFA? If so, join us on September 23rd after school in Mrs. Feuerstein's room to make some teacher appreciation crafts and learn about upcoming events. Sign-ups will be posted on the pole outside Mrs. Kaminski's room.

The 2025 yearbooks are in! If you ordered one, you can pick it up in the main office from Mrs. Dean. There is a small amount of extra yearbooks available for purchase if you did not order one. They are \$50 each and will only be sold on a first come first served basis (no holds).



The FFA is hosting a beach clean at the Montague pier up on Sunday September 21 from 2-4 and we're even going to Culvers after! We'd love to have everyone come join us!



Any students interested in participating in the White Lake Rotary Interact Club are invited to attend a meeting TOMORROW September 19 at 3.00pm at the White Lake Community Center, 541 E Slocum St. Whitehall.

Interact is a student led service club sponsored by the White Lake Rotary Club. If students have any questions they may contact the club advisor Mr. Moore at tommoore@whitehallschools.net

Anyone interested in signing up for Robotics, sign up at Mrs. Misiara's desk!

The FFA is seeking individuals who enjoy scrapbooking and possess artistic talents. We'll be meeting twice a month and have snacks provided. I don't have a start date yet, but if anyone is interested, they can contact Mari Terrones or Ashlyn Beck. Thank you!

After school  **YOGA CLUB**  for students begins next week! If you are looking for an outlet to relieve stress, build inner peace, and strengthen your physical body, this is it. Yoga can be adapted for all levels and abilities, so come check it out! The only flexibility required is mental. We will meet after school next Thursday at 3pm in the Crescent Room. All equipment is provided, and it's free! Sign up outside Ms. Phipps' room if you plan to join our first practice on the 25th or would like to be included in future communication.

 **MINDFUL FRIDAYS**  will be offered starting October 3rd during seminar, and there are about 10 spots left to fill for the first session! These will be a combination of breathwork, mindful meditation, and light yoga. It's a great way to relax after a busy school week and wind down for the weekend. Sign up outside Ms. Phipps' room, and she will deliver a pass to you with more information. If spots are full, watch for a waiting list.

Keep an eye out around the building for "Mental Health Moments"

Quick ways to reset your mind and nervous system. Being a Wildcat to the C.O.R.E. doesn't just happen. Small moments each day matter! Take a deep breath. Relax those shoulders. Wiggle your toes. I'm happy you're here today!

-Mrs. Kiely

An admission representative from Cornerstone University in Grand Rapids will be at MHS TODAY at 9:30am to meet with interested students in the Cat lab.

Now Until Friday 9/19

An admissions representative from Hope College will be at MHS Monday, September 22, at 12:30pm to meet with interested students in the Cat Lab. Hope College is a private Christian liberal arts college located an hour south of Montague, in Holland, MI.

Now Until Monday, 9/23

An admissions representative from the University of Michigan will be at MHS Tuesday, September 23 at 8:45am. This admissions presentation will help you understand what it takes to be admitted at one of the most selective universities in Michigan.

Now Until Wed 9/24

An admissions representative from Davenport University will be at MHS Thursday, September 25, at 9:30am to meet with interested students. Davenport has several campuses across Michigan.

HAPPY BIRTHDAY TO:

Steven Aebig

SPORTS NEWS:

READ Thursday and Friday Only

MAPS Football Game Student Expectations

- Sports equipment and activities are not allowed during the game at any time.
- All students are expected to display appropriate conduct at all times, particularly in the commons area. Appropriate conduct includes:
 - No playing under the bleachers or in common areas.
 - No horseplay (no rock throwing, football, or climbing) ◦ Walking feet
 - Appropriate language
- Show good sportsmanship at all times.
- Watch the game with family, friends, or the Blue Crew and cheer on your team with Wildcat Pride!

Congrats to the Girls Golf team who are West Michigan Conference Champs! Every single Wildcat was recognized for their tremendous conference seasons.

Cadence Fox – Individual Conference Champion

Addi Smith – 4th, All-Conference

Brynlee Kessler – 6th, All-Conference

Molly Mulder – 8th, All-Conference

Marguerite O'Connell – 12th, All-Conference Honorable Mention

TODAY'S EVENTS:

- **HS JV B Soccer @ Grant 4:00 PM to 5:30 PM**
- **MHS Fr G Volleyball @ Sparta 5:00 PM to 8:00 PM**
- **MHS JV G Volleyball @ Sparta 5:00 PM to 8:00 PM**
- **MHS V B Soccer @ Grant 5:30 PM to 7:00 PM**
- **MHS JV Football @ Whitehall 6:00 PM to 8:00 PM**