



# Citadel Middle School

Wednesday January 29<sup>th</sup>

**Pizza sale is tomorrow!!!!** Besides pizza, donuts and chips, we have purchased the new "Fuze Ice Tea". That's right. The new Fuze brand Iced Tea! Come and get some tomorrow before we sell out.

**Attention all Citadel Cares members.** There will be a very important meeting today at lunch in Ms. D'Alfonso's room. Please bring your teacher questions with you. Again, a very important Citadel Cares meeting at lunch today.

**Attention Candy Cup fans.** Citadel Cares will be holding there one day candy cup sale next Thursday February the 6th. Again, the one day only candy cup sale will be next Thursday February 6th at nutrition break. The candy will be \$4.00 each. The money will go to the local SPCA.

**Mindfulness Mondays**-Ms. Pitman is looking for ideas for Mindfulness Mondays. If you know of an exercise that works for you or that you are curious to share with our school, please find Ms. Pitman with your ideas. If you'd prefer to read a pre written script, that is also more than fine. Let's see what you come up with, Citadel!

**Frozen Jr.** -A huge congratulations goes out to those who auditioned for Frozen Jr., all 64 of you! We were so encouraged by the talent, enthusiasm, and kindness that you showed throughout the process. The cast list will be posted on the Frozen bulletin board today at 3pm. Don't forget, our first rehearsal is this coming Tuesday at 3pm.

**Passions-Water colour painting**-Please come to Room 208 on Thursday.

**The Lunar New Year in 2025** welcomes the Year of the Snake, according to the Chinese lunar calendar. Celebrated by millions around the world, this is a time for cultural traditions, family reunions, and hopes for good fortune in the coming year.

As we move from the energetic and dynamic Year of the Dragon, 2025 brings the Snake's wise and intuitive energy. The Snake, symbolizing wisdom and transformation, offers opportunities for personal growth and change.

This festival is celebrated worldwide, particularly in Asian countries like China. Festivities include red decorations, elaborate meals, thorough cleaning of homes and visiting family.

A major tradition involves lighting firecrackers, originating from the legend of the monster Nian.