



Citadel Middle School

Tuesday October 7th

Student Voice-There are many leadership opportunities here at Citadel, and if you haven't found yours, consider joining student voice. We want your input on our school goals, vision, and how things happen here at Citadel. Join us to ask questions and sign up today at nut break in room 103.

Yearbook-There is a meeting for the entire yearbook crew Tuesday (October 7) at lunch in Ms. Denholme's room. We need to start making content decisions about the yearbook. See you all there!

D & D club meeting at lunch today in Room 216

Hey yearbook photographers! Ms. Denholme is running camera training sessions at lunch Thursday and Friday this week. If you have been trained yet, please sign up for one of the sessions this week. See Ms. Denholme Monday at lunch for more details.

Grade 8 Girls Volleyball-Please come to Ms Sayers room at nutrition break for a quick meeting about tomorrow's Home game against Kway. Room 106.

Citadel Cares-Please meet Ms. D'Alfonso today at Nutrition break for a quick meeting. Again, all Citadel Cares please meet today at nut break in Ms. DAlfonso's room

Cross Country-See all runners at practice today after school! 3:10 at the playground.

That's right, it's Mental Health Awareness Week. Yesterday we looked at the difference between mental health and mental illness. Today we're asking if someone can have good mental health while living with a mental illness. The answer is yes! With the right care, anyone can have positive mental health:)

Grade 7 Girls Volleyball, there is a quick but important meeting today in the Home Ec room at NutBreak about our game today. We need to know who is here and who is playing!

The Youth Lounge is closed today at Nut Break but is open at lunch. If you need a lunch please see Devon in her office.