



Citadel Middle School

Wednesday March 4<sup>th</sup>

**Global Day of Unplugging** This Friday and Saturday, March 6th and 7th, we're joining people all around the world for the **Global Day of Unplugging!** It's a 24-hour challenge to take a break from phones, tablets, and computers, and reconnect with real life. Try spending time with friends or family, go outside, read, or enjoy a favorite hobby. Give yourself a break from screens and see how good it feels to be fully present. Let's power down and unplug together!

**The Games Group** will be happening today at lunch in room 103.

Art Journaling is back! If you are in grade 7 or 8 and interested in Art Journaling after spring break, please see Devon for details!

**Garden Club**-There is a short but VERY important meeting today after school! Please meet in the front foyer as soon as possible, see you then!