

FRIDAY THE 13TH

Cope Middle School

May 13, 2022

Today's Rotation 2-3-4-5-6-1

Breakfast: **M**-Cinnamon Toast Crunch, Cocoa Puffs Cereal, Frosted Shredded Wheat Cereal, Honey Bun, Honey Oat Scooters, Marshmallow Matey's Cereal, Tony's Breakfast Sausage Pizza, Ultimate Breakfast Round, Fruit, Juice and Milk **T**-Cinnamon Toast Crunch, Cocoa Puffs, Dutch Waffle Frosted Shredded Wheat, Honey Oat Scooters, Maple Pancake, Chicken Sausage Sandwich, Marshmallow Matey's Cereal, Oatmeal Chocolate Chip BeneFit Bar, Fruit, Juice and Milk, **W**- Berry Yogurt Parfait, Cinnamon Toast Crunch, Cocoa Puffs Cereal, Frosted Shredded Wheat, Honey Oat Scooters, Marshmallow Matey's Cereal, Mini Choc. Chip French Toast Bites, Ultimate Breakfast Round, Fruit, Juice and Milk, **TH**-Bagel, Cinnamon Toast Crunch Cereal, Cocoa Puffs Cereal, Frosted Shredded Wheat Cereal, Honey Oats Scooters, Marshmallow Matey's Cereal, Oatmeal Chocolate Chip BeneFit Bar, Tony's Breakfast Sausage Pizza, Fruit, Juice, and Milk, **F**-Cinnamon Toast Crunch, Cocoa Puffs Cereal, Eggo Mini Maple Waffles, Frosted Shredded Wheat Cereal, Honey Oat Scooters, Maple Pancake, Chicken Sausage Sandwich, Marshmallow Matey's Cereal, Ultimate Breakfast Round, Fruit, Juice and Milk

Lunch: **M, W and F**- Bagel Box, Big Daddy Four Cheese Pizza, Big Daddy Pepperoni Pizza, Krispy Chicken Salad, Senor Felix Burrito, Spicy Chicken Sandwich, Fruit and Vegetables, Juice and Milk, **T and TH**- Cheeseburger, Krispy Chicken Sandwich, Orange Chicken and Rice, Pizza Crunchers, Spicy Chicken Salad, Yogurt, Muffin and Seeds, Fruit and Vegetables, Juice and Milk

Attention all 8th Graders! Wednesday, June 8th is the 8th Grade Celebration Day here at Cope! To celebrate the end of middle school, 8th Graders may purchase a celebration day ticket for \$15, or \$13 with an ASB sticker, from Mrs. Clark in H22. Your ticket will include a movie ticket and transportation to and from Harkins Theater, a snack pack and a pizza lunch with activities on the field back at Cope. An exclusion list is being enforced for ticket sales. Again, tickets are \$15, or \$13 with an ASB sticker, and are being sold from Mrs. Clark's room (H22). Please do not disturb classes to purchase tickets.

Attention 8th graders! If you are attending the 8th-grade formal, the dropoff location is at the Alumni Greek Theatre located behind the Hall of Letters at the University of Redlands. A map can be found on the Minga app. Remember, you must arrive within 30 minutes of the start of the event, and you will need to present your ID to be admitted. See Mrs. Clark in H22 or Mrs. Severin in M64 if you have any questions.

Attention 7th Graders: Are you interested in traveling to Washington DC next spring break 2023 with your friends? If so, come get an information flyer from Ms. Stark in C-8! You can also send an email to ashley_stark@redlands.k12.ca.us for more information. *This is not a school or district sponsored trip.

Attention 6th and 7th graders: are you interested in drama? Would you like to take a drama class next year? If yes, email Ms. Cooke, your counselor, or stop by I-26 to get on the list! No prior experience is necessary.

Attention Cope Students! It is Mental Health Week. This week is celebrated in May every year! Student Mental Health Week is a week set aside to recognize the importance mental health plays in students' lives, their experience in school, and in their future. It also serves to remind us of the damage that can be done when mental health stigma exists. Did you know Mental illnesses can affect people of any age, race, religion, or income. A mental illness is a medical condition that disrupts a person's thinking, feeling, mood, and ability to relate to others and daily functioning. Common signs of mental health issues include: extreme mood swings, changes in eating habits, excessive worrying or fear, problems concentrating, and avoiding friends or social activities.

Attention Eagles: The Cope bands and orchestras will be performing the Spring concert at RHS Clock auditorium on Tuesday, May 17. Come and see your friends perform and hear some good music