



## Cope Middle School

October 24, 2022

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

**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 Eagles:** as a reminder, Cope Eagles SOAR on campus by being ACCOUNTABLE. Accountability on campus looks like taking responsibility for absent work or missing assignments. Check Google Classroom regularly and email your teachers if you know you are going to miss class. Keep in mind, "Procrastination makes easy things hard and hard things harder."

**National Bullying Prevention Month:** is a time for everyone to: **LEARN:** It's empowering to know what to do when you see or experience bullying. Everyone can access free web-based resources to better understand opportunities to prevent bullying. If you know of someone being bullied, please report it on Sprigeo, or tell an administrator, counselor, or teacher.

**Good Morning Cope Eagles:** Are you excited for fall? On October 28, we are having our fall festival! It will take place on the upper field from 3:15 to 5:30 PM. Tickets will be sold starting on October 17 and ending on October 27. The tickets are \$5 with an ASB sticker and \$7 without one. There will be booths with games as well as vendors like Enzo's Popcorn and Happy Camper Creamery. ASB will also have a concession stand and everything's a dollar. There will also be music and a photobooth at the event. Hope to see you there!

**Good morning Cope Students.** If you have 4 or more tardies you will be excluded from the fall festival. Students have the opportunity to make up tardies by serving lunch detention on Thursday 10/20, Friday 10/21, Monday 10/24, and Tuesday 10/25. One

lunch detention will clear 2 tardies. Lunch detention is served in B-1, students must be there within the first 10 minutes of lunch time. Counselor will be out at 1st and 2nd lunch today. Please see them to find out how many tardies you have.

**History of Red Ribbon Week:** History of RRR Special Agent Enrique “kiki” Camarena was kidnapped, brutally tortured and murdered by Mexican drug traffickers on February 7, 1985. His tragic and untimely death opened the eyes of Americans to the dangers of drugs and the scope of international drug trade; thus Red Ribbon Week emerged as a reminder of the dangers involving drugs. The first Red Ribbon Week was celebrated in LaMiranda and Norwalk, California. In 1988 the National Family Partnership (NFP) coordinated the first National Red Ribbon Week is a wonderful way to keep the memory alive of Kiki Camarena who truly was a hero in the war against drugs. An estimated 80 million people participate in Red Ribbon week each year. Today is Wear Red day, Make sure you stop by the table at lunch to pledge to be drug free:

- **Tuesday** is “Touch the stars rather than drugs” Pajama Day
- **Wednesday** is “Team up against drugs” Wear your favorite sports team jersey or your own sports attire.
- **Thursday** is “Think of all you can be when you stay drug free” Career Day
- **Friday** is "Don't fall into drugs" -Wear red, orange, yellow, or gold.
- **Monday 31st:** “Hocus Pocus, drugs aren't my focus” Spooky dress up day (No Masks, face paint, or inflatable costumes)

**Attention All Students:** We have two shelves of water bottles and hydoflask please come by and identify if you are possibly missing your water bottle. At the end of every month we will be donating the left over belongings in the student center to the Goodwill. Thank you kindly.

**Attention All Students:** Lunch is to be brought from a parent or guardian to their student. Food for friends will not be accepted and the parents or guardians will be turned away. Also, please remember to check for your food in the student center we have had a few lunches sitting there for several days if this continues we will change the policies for lunch drops offs. Thank you in advance.