



Cope Middle School

October 28, 2022

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

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 What you do TODAY, impacts someone's TOMORROW. Bullying is not only devastating while it's happening; it can hurt for a lifetime. What kind of IMPACT will you have?

Attention Athletes: This is a reminder to please turn in your volleyball uniforms to Coach Fogleman in B3 or Coach Roque in J34 by the end of the day today. Thank you!

Red Ribbon Week, Today's Fact Today's Red Ribbon week fact is data of the CDC 2015 Youth Risk Behavior Survey shows students between the seventh and twelfth grade were 1.5 times more likely to abuse alcohol if they had been victims of bullying. So go out today and say something positive or stand up for someone. Today's dress up day theme is "Don't Fall into Drugs", wear fall colors! Our last Red Ribbon Week dress up day is near:

- **Monday 31st:** "Hocus Pocus, drugs aren't my focus" Spooky dress up day (No Masks, face paint, or inflatable costumes)

Hola! Are you interested in learning how to speak Spanish? Well come on over to I-26 where Mr. M will be teaching conversational Spanish. You'll learn the very basics of speaking Spanish; from ordering at a restaurant to greeting someone! Classes will be held on Tuesday's and Thursday's after school from 3:30-4:30. The first one will be on November 8th! If you have any questions, feel free to ask Mr. M! Gracias!

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.

Halloween Reminders: Students, please remember that appropriate costumes are allowed on Monday. No masks, face paint, inflatables, or any costumes with weapons or drugs/alcohol are allowed. School dress code still applies. Also, students are not to bring bags of candy or goodie bags to share or distribute to other students. We want you to have a fun Halloween at Cope, but please keep in mind these expectations in order to keep everyone safe. Thank you!

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.

No School: As a reminder, there is no school on Tuesday, November 1, 2022, due to an all-day Teacher Professional Development Day. Enjoy your day off, students!