



Students, please head straight to the gym and cafeteria in the morning. We have many students wandering the hallways in the morning and we need to keep traffic moving towards the gym (6th and 7th) and cafeteria (8th). We will dismiss you to your lockers around 8:20. Thank you!

8th Graders shadowing a Roosevelt student TODAY must have their student ID to be able to enter the building.

Best Buddies Associate members will meet in the cafeteria during Mustang Minutes to fill out reflections TODAY.

Workplace mentoring TODAY after school.

Merrill Ambassadors is cancelled TODAY. Ms. Foshe will be at Roosevelt.

Brother to Brother TODAY after school.

Pizza for sale TODAY, \$2 per slice.

Sisters 4 Success WILL NOT meet TODAY but will meet TOMORROW after school, location TBA. There will be Zumba, so wear comfortable clothing.

Homework help in the cafeteria from 3:40-4:30 in Room 118 TOMORROW. Sign up with Ms. Panek.

The application deadline for the Des Moines Kofu Japan Student Exchange program is Saturday. The application link is located on the Merrill webpage. You will need recommendations from two teachers and Ms. Panek. See Ms. Foshe with questions.

(more on the next page...)



Merrill Spirit Day Monday. If you wear your Merrill shirt Monday, you can get into the Merrill vs. Brody basketball game for free.

Yearbook meeting next Tuesday, December 4 at 8:00 AND Wednesday December 5 at 2:15.

8th Grade boys' basketball meeting will be the first 10 minutes of Mustang Minutes next Wednesday, December 5 in the cafeteria. See Mr. Luft or Mr. Severson with questions.

If you would like to learn to breathe and move through the stress of being a middle school athlete or are overstressed, please join us December 5 at 6:30 p.m. in the Merrill lunch room. Bring a beach towel and learn how to use your breathing and yoga poses to recover from a tough practice or long night of studying. Snacks will be provided after an hour practice. Parents are welcome too!!!

Sponsored by the fall Yoga Teacher Training class from Lifetime Fitness Des Moines.

8th graders interested in participating in the first ever Merrill Dunk Contest, playing in the student-staff volleyball, or playing in the student-staff basketball games should speak with Mr. Luft. Each 8th grader can participate in one event. Come to Mr. Luft with the 6 players for your volleyball team or 2 players for the basketball team. Each basketball pair will be joined by a teacher to form a 3-person team.

All three grades will be able to attend the student-staff event, but only 8th graders are playing. Remember, the privilege to attend the game is earned by getting to class on time and staying off the tardy list.

Remember to be Caring, Principled, and Reflective as you go through your school day. Make it a great day!