



# WEST ESSEX REGIONAL MIDDLE SCHOOL

**GOOD MORNING KNIGHTS!**

Today is **Thursday, October 29th**

We are following an **A Day Single Session** Schedule

*Please start your day with Block 1, Period 1. We start today at 8:15*

**PLEASE STAND AND JOIN ME IN RECITING THE PLEDGE OF ALLEGIANCE**



I pledge allegiance to the Flag of the United States of America and to the Republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

## Announcements

**Thursday 10/29...** A Day Quick Glance

**Mindful Monday  
Permission Slip due  
tomorrow 10/30**

**A Day Single  
Session Schedule**

BLOCK	TIME	PERIOD
1	7:42-8:27	1
2	8:32-9:13	2
3	9:18-9:59	3
4	10:04-10:45	5
5	10:50-11:31	6
6	11:36-12:17	7

**Upcoming Events**

- Fun Fact Friday
- Wear Your Costume to school Friday
- 11/2 Election Day
- 11/5 & 11/6 District Closed

String Ensemble Zoom Link Click [Here](#) Code: gt4jpia  
Glee Club Zoom Link Click [Here](#) Code: agytpg5

Mindful Monday Permission Slip Click [Here](#)

**West Essex Middle School  
In Honor of Red Ribbon Week**

<p><b>Thurs - 10/29</b> Com-bat Drugs Wear Camo Day</p>	<p><b>Fri - 10/30</b> Strike Out Drugs Baseball Cap Day</p>

**Red Ribbon Week**

Decorative elements include a witch hat, a jack-o'-lantern, and a cauldron.

**Congratulations to our 7th and 8th grade October Students of the Month.**

**October**

**7th Grade**

- Sienna Jacobs
- Mason Blackburn
- Talia Machin

**8th Grade**

- Molly Trauman
- Oliver Kik
- Ava Russo

**Students of the Month**

Decorative elements include a cauldron with orange liquid, a spider web, and a 'WE' logo.

# NHS MS Peer Tutoring

## NHS Peer Tutoring:

WE High School's National Honor Society (NHS) Peer Tutoring Program is available to all middle school students!

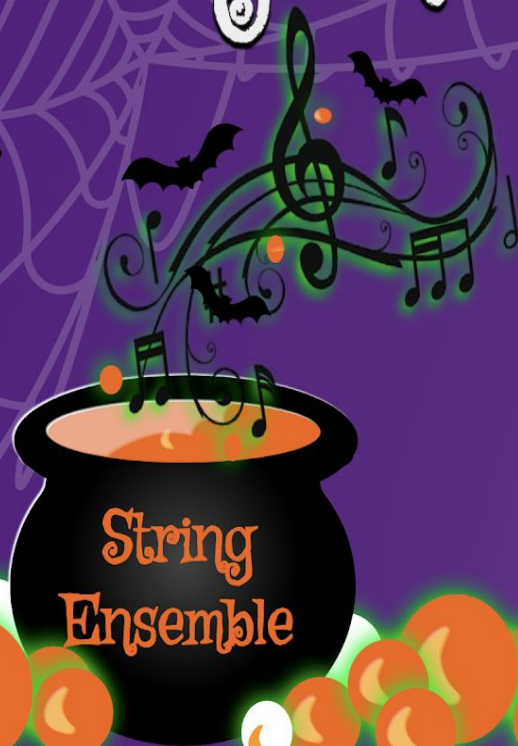
## You Must Sign Up In Advance

To schedule a tutoring appointment, please complete the NHS MS Tutoring Google Form. Once the session is scheduled, you will receive a confirmation email with the Zoom Link.



[NHS MS Peer Tutoring Google Form](#)





# Every Thursday at 2:45



String Ensemble Zoom Link Click [Here](#) Code: gt4jpia

Glee Club Zoom Link Click [Here](#) Code: agytpg5

# Mindful Mondays

-  Are you feeling stressed or overwhelmed?
-  Would you like to learn some ways to help you feel mindful and calm?
-  If so, then Mindful Mondays is for you. You will learn new techniques & then go practice the skills.
-  **Beginning November 2nd at 2:15, via Zoom.**



Click the link  
below for  
More  
information







Mindful Monday Flyer Click [Here](#)

Mindful Monday Permission Slip Click [Here](#)

## Friday Celebration

If you would like to celebrate Halloween by wearing a costume this Friday, please remember the rules.



-  No costumes that ridicule or demean on the basis of race, ethnicity, religion, gender, or sexual orientation.
-  No costumes that represent a violent theme. Weapons, either real or replica, are not allowed
-  No wearing masks or sunglasses over your eyes. (They may be worn on top of your head)
-  No face paint
-  No bicycles, scooters, skateboards, rollerblades, carts, or any other means of transportation
-  No carrying sticks, clubs, bats, etc.



Please also be sure to wear your Covid-19 face mask & maintain 6ft of distance!



# FUN FACT FRIDAY

MAKE SURE YOU SIGN INTO HOMEROOM TOMORROW TO BE A PART OF THE FUN FACT FRIDAY FESTIVITIES!

[7th Grade Homeroom Link](#)

[8th Grade Homeroom Link](#)

## Friday 10/30...

### B Day Single Session Schedule

BLOCK	TIME	PERIOD
1	7:42-8:27	4
2	8:32-9:13	1
3	9:14-9:59	2
4	10:04-10:45	8
5	10:50-11:31	5
6	11:36-12:17	6

# Happy Birthday Shout-Outs



Happy Birthday  
Angelina Torres

WE hope you have a great day!



Have a Great Day

