



WEST ESSEX REGIONAL MIDDLE SCHOOL

GOOD MORNING KNIGHTS!

Today is **Monday, November 9th**

We are following a **B-Day Single Session** Schedule

Please start your day with Block 1, Period 4. We start today at 7:42

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

Monday, November 9th

Today is Mindful Monday



B Day Single Session Bell Schedule

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

EVENTS THIS WEEK

11/9 Mindful Monday

11/10 Art Club
Math Counts
Enrichment Tutorial

11/11 Builders Club
Identity & Inclusion
Multicultural Club

11/12 Glee Club
Jazz Club
String Ensemble



Math Counts Zoom [Link](#) Code: 2dxv2dj
 7th Grade Homeroom [Link](#)
 8th Grade Homeroom [Link](#)

Enrichment Tutorial Zoom [Link](#)
 Art Club Zoom [Link](#) Code: m6kghlh

All Students

Starting today, November 9th

When you are in the building on your cohort day, from 7:10 a.m. to 7:30 a.m. you can sit in the cafeteria before your classes begin



Halloween Costume Photo Contest



1st place

Isla Blake as a Scarecrow



2nd place

Ava Brodack, Ashley Brindley, Alexa Pannucci, Lexi Ciardella as Ghosts with Glasses



3rd place

Josie Monroe as Claire Standish from The Breakfast Club



Honorable Mentions

Snow White & the 7 Dwarfs



Great Job Everyone!

Gabriella Romano
Briana Gillen
Meadow Doerr
Grace Stewart
Noelle Stewart
Isabella Sun
Tia Sidel & Charlene Pace

School Pictures

Portraits have arrived and will be distributed this week.

Students that attend in-person instruction will receive their pictures during their P.E. classes.

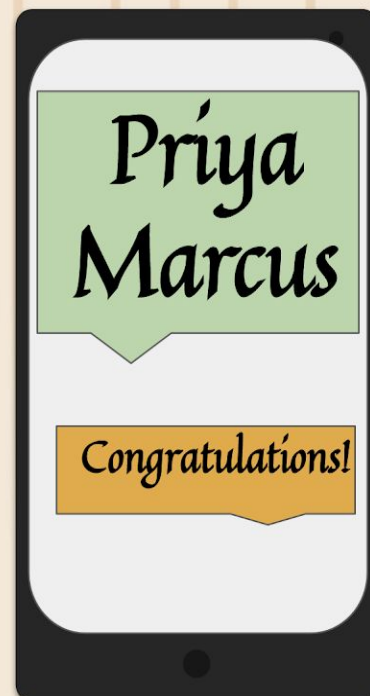
Full-time remote students may pick-up their pictures between the hours of 8am & 2pm any, Tuesday, Thursday or Friday.

Parents with conflicts should contact the main office.



Did You Hear?

The Class of 2025
Student Council
President is.....



Mindful Mondays

Learn Triangle & Hand Breathing
Outdoor Calming Visualizations

5,4,3,2,1 Ground Technique

Mindful Walking & Listening
Activity

Outdoor Mindful Scavenger Hunt



This voluntary guidance program will have 7 sessions on Monday afternoons starting at 2:15. In order to reduce screen time, sessions will aim to briefly teach a skill. Students will practice the skill on their own & outdoors (weather permitting)

Mindful Monday Permission Form [Click Here](#)



Art Club!

Art Club will meet Tuesday
via the Zoom link below at

2:45 -3:15

If you cannot make it,
please email Ms. Lescota

Art Club Zoom Link [Click Here](#) Code: m6kghlh

Math Counts



There will be a Math Counts meeting after school on Tuesday, 11/10 at 2:45. If you cannot make the meeting, please email Ms. Culkin @ nculkin@westex.org & let her know.



Math Counts Zoom Link [Click Here](#) Code: 2dxv2dj

Enrichment Tutorial.

Are you a student who is looking to find out interesting and exciting applications to the courses you are learning about? Do you want the opportunity to expand your knowledge in a wide variety of areas in your free time and help prepare you for the critical thinking you'll be doing in high school and beyond?

If so, the Middle School is happy to present a weekly Enrichment Tutorial which will cover a wide range of topics with faculty from both the high school & middle school.

These 45 minute lessons will challenge you to think, discuss & delve deeply into a different area each week.

The Enrichment Tutorial will be held on select Tuesdays from 1:30 to 2:15 p.m.

This week Mr. Ashoff (mathematics teachers) will be doing a lesson on probability & expected value tomorrow the 10th.

If you want to get an edge in games of chance, this lesson will help reveal how probability can work & how it can influence your decisions when competing with others.



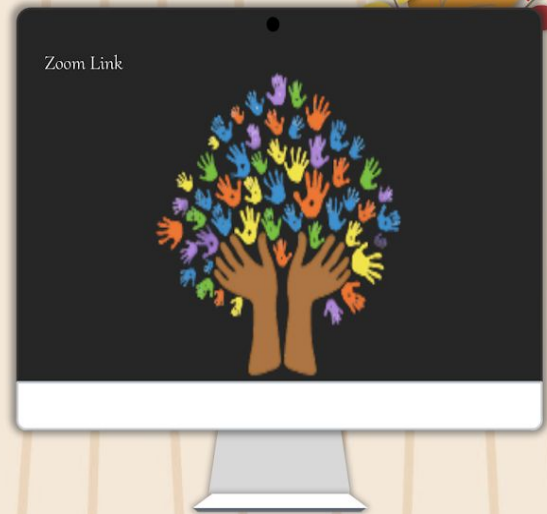
Enrichment Tutorial Zoom Link [Click Here](#)

Identity & Inclusion Multicultural Club.



The next meeting will be on Wednesday, 11/11 during lunch.

Grab your lunch & check out the W.E.M.S newest club, as they explore & celebrate diversity & cultural traditions in our West Essex community through conversation, activities, food, empowerment & action. New members are always welcome.



Identity & Inclusion Multicultural Club Zoom Link [Click Here](#) Code: rggjlex

Builders Club

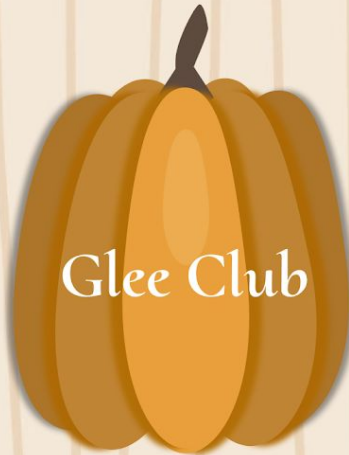
There will be a Builders Club meeting on Wednesday, November 11th at 2:45.

If you cannot attend the meeting, please email Mrs. Corcoran. At scorcora@westex.org



Builders Club Zoom Link [Click Here](#) Code: t6ki5r5

Every Thursday



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

Jazz Club Zoom Link [Click Here](#) Code: qg4ksja

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

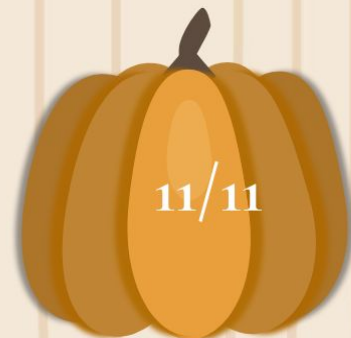
Happy Birthday!



Colagio Fiore
Nicole Simmons



Daniel Harrak
Therapon Papatherapontos
Santino Perri



Lillian Iregas
Daisy Shannon

Have a

Great Day!

