



WEST ESSEX REGIONAL MIDDLE SCHOOL

GOOD MORNING KNIGHTS!

Today is **Wednesday, March 3rd, 2021**

We are following an All Classes Meet Bell Schedule

Your day starts with Block 1, Period 1. The start time is 8:15 a.m.

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

Wednesday, March 3rd

All Classes Meet Bell Schedule

Block/Period	Time
1	8:15-8:50
2	8:55-9:30
3	9:40-10:15
4	10:20-10:55
Lunch	11:00-11:50
5	11:55-12:30
6	12:35-1:10
7	1:20-1:55
8	2:00-2:35
Extra Help	2:35-3:00

Salt n Pepa were the 1st all-female rap group leading the way for other female artists

"Salt" Cheryl James "Pepa" Sandra Denton

Cohort Schedule

All Classes Meet Schedule TODAY

Purple Cohort 3.4

Upcoming Events

- 3/3 Enrichment Tutorial STEM Club
- 3/4 IIMC, Knightlights, Glee Club, Jazz & String Ensemble
- 3/10 STEM Club
- 3/11 "Lunch in the Library" Zoom



Front-Line Workers

Cohort Schedule

**All Classes
Meet
Schedule
TODAY**



**Purple
Cohort
3.4**

Rosie The Riveter

[WERSD Daily Calendar and Bell Schedule](#)

Wellness Wednesday

tip of the day

Deactivate One Social Media account for 21 days. Sign out of your account & delete it to remove any temptations. If it's difficult to go without this for the full 21 days, it may be time to re-analyze your relationship with social media. Whenever you feel an urge to redownload the app, resist it by finding more meaningful activities to fill your time, like starting on important tasks or exercising.



Lucille Ball

Enrichment Tutorial

Please join Ms. Novalis TODAY at 11:00 via Zoom for a lesson on mathematical puzzles and problem solving. The Math Maven is always finding herself in the middle of a fun new mystery and she counts on her "super sleuths" to crack the case. Each mystery focuses on a particular area of math reasoning and computation and requires students to use creative thinking and sharp math skills to help her find the solution.

Please click the Zoom link below.



[Enrichment Tutorial Zoom Link](#)

STEM Club

STEM Club will meet after school TODAY.

STEM Club will also be meeting on 3/10 so please mark your calendars
Please click the link below.



Megan Rapinoe

IIMC Club

The next meeting of the Identity and Inclusion Multicultural Club (IIMC) will be tomorrow, 3/4 from 1-1:40. In honor of Women's History Month, bring the name of a woman you admire (famous or less famous - someone we can Google) Just a name - no homework before or after.

New members are always welcome!



VP Kamala Harris

Clubs This Week

Glee
Club

Jazz
Ensemble

String
Ensemble

3/4/21



Princess Diana

Happy Birthday Christina Jiang



Inspirational Quote of the Week



"Don't be distracted by emotions like anger, envy, and resentment. These just zap energy and waste time."

- Ruth Bader Ginsberg

Ruth Bader Ginsburg

Have a Great Day!



Serena Williams



"Selena"
Selena Quintanilla



Mae Carol Jemison