



**Wednesday
October 9, 2019
Morning Announcements**

Gamers' Guild meets today in the LLC, from 3:05-4:00 PM. Today is an "Open Gaming" day which means that all types of games can be played today!

Come show your support this Friday, October 11th at WNHS as 8th Grade band students from Franklin and Monroe take the field with the Wheaton North Falcon Marching Band as the featured halftime entertainment. **Cheer on the Bulldogs, Eagles and Falcons** and enjoy the football game while you're at it. Kickoff is at 7:30. **See you there!**

All-School Chorus will rehearse TODAY at 3:05 in room 208; this rehearsal is for every section, so all singers should plan to attend!

STRIVE will be meeting tomorrow after school in the guidance office.

Today's Wellness Wednesday tip talks about the importance of fruits and vegetables. Eat 9 servings of fruits and vegetables per day. Go for the bright colors - reds, oranges, blues, dark greens. Try something new and get a variety. Eating fruits and vegetables is good for your cardiac system. It can lead to lower blood pressure, lower risk for cancer, and lead to better digestion. **Remember Bulldogs, eat a rainbow of fruits and vegetables!!**

Congratulations to the 8th grade volleyball team on their victory over Edison. The team travels to Jay Stream on Thursday.

Attention all 7th and 8th grade boys basketball players. There will be an open gym **TOMORROW after school until 4:15.** The late bus will be available. As a reminder, physicals need to be on file in the nurse's office prior to tryouts. **All tryouts dates are available on the Franklin website.**

There will be NO intramural flag football today. Additionally, tomorrow will be the last day of the season for intramural flag football. **I hope to see you there**

Just a reminder to ... *Keep your hands to yourself, leave other people's things alone and be kind to one another.*