

Hamilton County Junior High  
Announcements  
February 12, 2014

Heart Healthy Fact for today: Laughing can be a great workout for your heart. Whenever you laugh the blood flow in your heart is increased for up to 45 minutes, which in turn, improves your heart health.

Volunteers will be approaching you before school tomorrow in the Jr. High gym to get honorary red hearts signed with the names of those who have had heart disease. The hearts can be in memory of someone lost to heart disease or in honor of someone experiencing heart disease. We will post these hearts (names on the back) on a memory/honor board for the rest of the month. We want to show how many people in our community have been affected by this disease. Please sign a heart!

Congratulations to the 8th grade Scholastic Bowl team for their win against Summersville. The entire team played well with Codee Bond and Jake Whipple leading the scoring. The 7th grade team suffered a narrow defeat against Summersville. Brooklyn Holloman led the team in scoring.

Congratulations Jr. Lady Foxes Volleyball teams on your victories over Sesser Valier yesterday.

Progress Reports will go home on Friday.

Friday is an early dismissal day. Jr. High will be dismissed at 11:25.

The Jr. High Valentines Dance will be held in the commons on Saturday February 15, from 6:30 p.m. to 9:00 p.m. There will be a \$5 admission fee at the door. Pictures will be taken by Iconic Studio starting at 6:30 p.m. in the Jr. High Gym. For photo forms please go to the Jr. High Office.

8th Grade Band students are responsible for bringing a 2 liter bottle of soda to the dance, and 7th grade band students are responsible for bringing either a bag of chips, or a container of cookies to the dance.

School will not be in session on Monday, February 17, in observance of Presidents Day.

Menu changes for today:

- Fish sandwich or Pizza
- Baked Beans
- Veggie/Dip
- Applesauce
- Milk

**Birthdays:** None

**Please stand for the Pledge and remain standing for a moment of silence.**