

# WHAT IS HAPPENING AT McMURRAY?

## **McMurray Open House, Wednesday, October 4th from 6:30 to 8:30 pm**

Parents, you are invited to become your student for an evening. You will:

- \* Follow your student's schedule
- \* Meet his/her teachers
- \* Learn class expectations
- \* Check the syllabus for each class
- \* Learn best ways to communicate with teachers

The program will begin promptly at 6:30 pm in the multipurpose room. Community and parent groups will speak about how you can become involved. At 6:55 you will be dismissed to report to homeroom. If you have not printed your student's schedule at home, copies will be available in homeroom. Be sure you know your homeroom teacher's name! Classes will be fifteen minutes long. Humanities is a two-period class, so during the second period of the Humanities block you will visit the library for information on activities and programs.

This program is intended for parents only, so we ask that children, including McMurray students, do not attend if possible. Child care is not available.

## **Student Council is sponsoring the annual Back to School Dance this Friday, September 29 from 2:45 to 4:30. Admission is \$5.00 per student.**

McMurray dances are an after-school activity held a few times a year. They are sponsored by different groups such as Student Council or Prevention Club, with proceeds funding school clubs, activities and trips.

Our dances are not like high school dances: no dates, no fancy dresses; the focus is on socializing with friends, listening to music and fun dancing.

Concessions are donated by parents and sold at the dance concession table. If you are able, please go to [www.SignUpGenius.com/go/20F0D4AAEA92EAAF85-back](http://www.SignUpGenius.com/go/20F0D4AAEA92EAAF85-back) and sign up to bring snacks and beverages.

## **Sports Schedules and Updates**

Fall sports are well underway. Volleyball, Boys Soccer and Football seasons will be over by the end of October. Early Winter sports, Girls Soccer and Boys Basketball, will begin practices on October 30th. All schedules are posted on our website, both home and away. Away games are listed with dismissal times, to and from ferry times and school addresses.

If your student would like to participate in one of the two early winter sports, he/she must have a current physical, parent permission form, specific sport rules, and have paid the \$100 sport fee and purchased this year's ASB card. If necessary, scholarships are available.

## **Students to Bring Healthy Food/snacks to School**

As McMurray teachers and staff, we work to encourage healthy eating and physical activity. By helping them start healthy habits early in life, we can reduce our children's health risks and increase their chances for long, productive lives. We encourage you to send healthy foods and beverages to

school. The information below will help you plan for and choose healthy snacks for your child to eat at school.

\* Plan ahead and buy healthy snacks. You will save money and make healthier choices than buying on the go.

\* Provide kids with choices and make those choices nutritious.

\* Pre-portion snacks into small bags or containers to grab on the go.

\* Combine snacks from at least two food groups to pack more nutrients into your child's diet; it will be more filling and will hold them over to the next meal.

\* Drinks should be served in portions of one cup or less. Water and milk are the healthiest choices.

\* Please refrain from sending your child to school with candy or soda. As Halloween approaches and candy becomes more accessible, we ask that you do not allow your child to bring amounts of candy to school to share with their friends.

As educators and caregivers we all want the best for our students. If you have any questions, please contact the school.

## Mustang Special Blend Coffee

For the second year, we are partnering with Vashon Coffee Company to offer Mustang Special Blend coffee as an ASB fundraiser. The coffee is medium roast, organic and shade-grown and can be ordered in either regular or decaf, whole bean or ground. All coffee is preordered. If you would like to order, please complete the attached order form and send, with payment, to McMurray (checks payable to McMurray School). Orders are due October 20th.

## McMURRAY SPECIAL BLEND COFFEE ORDER FORM

MUSTANG SPECIAL BLEND ORGANIC, SHADE GROWN, MEDIUM/DARK ROAST BLEND OF COLOMBIAN, GUATAMALAN OR HONDURAN BEANS.

Name \_\_\_\_\_

Date \_\_\_\_\_

Email \_\_\_\_\_

Regular Ground (Quantity) \_\_\_\_\_

Regular Whole Bean (quantity) \_\_\_\_\_

Decaf Ground (quantity) \_\_\_\_\_

Decaf Whole Bean (quantity) \_\_\_\_\_

\$13.00 PER FULL POUND FOR REGULAR, \$14.00 PER FULL POUND OF DECAF. CASH OR CHECK MADE OUT TO McMURRAY MIDDLE SCHOOL.

Total due \$ \_\_\_\_\_

Thank you for supporting the McMurray Middle School ASB. Proceeds from this sale will benefit school clubs, sports and co-curricular activities.