Tuesday, February 4, 2020

3A
Meatball Hero
Steamed Broccoli
Mixed Fruit Cup
Or 100% Fruit Juice

4B
Hot Chicken Fajita Wrap
Rice and Beans
Diced Pears

5C
Pork Carnitas in a Potato Boat Topped with Shredded Cheese
Tortilla Chips
Diced Peaches

6D
Popcorn Chicken Bites w/dipping Sauce
Fresh Carrot and Celery Sticks
w/ranch Dip
Strawberry Cup

7E
BBQ Pulled Pork On Kaiser Roll
Tossed Salad/Dressing
Applesauce
Or 100% Fruit Juice

Attention all girls who play on a modified or varsity sport: This Wednesday, February 5 is National Girls & Women in Sports Day. Please wear some of your White Plains Athletic Team Gear. We want to recognize you on this day with a special event. Questions see Coach Adams.

Musical Stage Crew
Musical Stage Crew: If you are interested in working backstage for the musical, there are 5 slots still available. Please see Ms. Hart in Room 201. Students will be accepted on a first come, first serve basis.

Highlands Teen Fit Club
Do you want to get stronger and faster, be a better athlete, feel better mentally and physically? Are tired of always feeling tired? Do you want to be the best you? Join Highlands new afterschool program called, “Highlands Teen Fit”, with Mr. Harrison. The club is after school in Room 137, from 2:45pm - 4:15pm, on Mondays and Fridays. Exercises include but not limited to: Air squats, lunges, push-ups, sit-ups, jumping jacks, sprints, and many, many more!!

Bowling Intramurals
Bowling Intramurals are from 2:45-4:10. Meet in the Cafeteria. If you have questions, please see Coach Sette.

TUESDAY
Today, February 4
The Bowling Intramural Trip will take place on Thursday, February 6.

Fine Art Club
Fine Art Club will meet with Mr. Bart in Room 330 the following Tuesdays:
Today, February 4
February 11
February 25

Courier
The Courier will meet after school in Room 8 on Tuesdays:
Today, February 4
February 11
February 25

Lion King Costume Design Crew
Lion King Costume Design Crew will meet in Room 230 with Ms. Walsh and Mrs. Thornton on:
Today, Tuesday, Feb. 4, Thursday, Feb. 6, Monday, Feb. 10 and Thursday, Feb. 27.

Guitar Club 2
“GUITAR CLUB 2” will meet on Tuesdays, after school in Room 329 with Mr. Donnelly and Daya. Instruments are provided - but you are welcome to bring your own. Meeting dates are as follows:
February - 4 (today), 11, 25
March - 3, 10
Book Club
The After-School Book Club will meet on **Tuesdays** in Room 341 at 2:45pm.

**February 4 (today), 11, 25**

**March 3, 10, 17, 24, 31**

**April 14, 21, 28**

We are currently reading: *Refugee*, by Alan Gratz. Please see Ms. Drabek, Ms. Tschinkel or Mrs. Ciofolo if you need a copy. We will update you when the book changes.

Talent Show
Talent Show Rehearsal will be **tomorrow, Wednesday, February 5**. The deadline for all contracts is Monday, February 3. No student will be allowed to attend rehearsal without a signed contract.

Programming Club
Programming Club will meet in Computer Lab 206 at 2:40 the following **Wednesdays**:

**Tomorrow, February 5**
**February 12**
**February 26**

Sustainability Club
The Sustainability Club meets on **Thursday, February 6** in Room 315; dates will follow.

Boys' Intramural Lacrosse
Boys' Lacrosse Intramural Dates:

**February 6, 7, 10, 11, 12, 13, 14**

We will meet in the Cafeteria. We will use the South Gym unless the weather is warm. Equipment you will need: helmet, stick, and gloves. If you don't have equipment, we will provide it for you, to borrow for the day.

Digital Media Club
The Digital Media Club will meet after school with Ms. Tyska in Room 6 the following **Thursdays**:

**February 6**
**February 13**
**February 27**

MakerSpace Club
The MakerSpace Club meets in Room 1B with Mr. King on:

**Monday, February 10 and Tuesday, February 25**

Digital Art Club
Both, 7th Grade and 8th Grade Digital Art Club will meet with Ms. Thornton in Room 11

**Tuesday, February 11 and Wednesday, February 26**

Student Organization
The S.O. will hold an emergency meeting on **Monday, February 10** after school in Room 365. Please make every opportunity to attend this meeting. Please see Mrs. Haberman with any concerns.

The Student Organization will meet with Ms. Haberman in Room 365 or Room 261 during lunchtime on:

**Wednesday, February 12, Thursday, February 13, Friday, February 14**

Yearbook Club
Yearbook Club will meet on **Wednesday, February 12** with 7th Grade and **Tuesday, February 25** with 8th Grade, in Room 11 at 2:40pm with Ms. Federico and Mrs. Thornton.
**Attention all National Junior Honor Society Candidates:** Remember to complete your application and essay and return it to Ms. Powers in Room 207 or Ms. Gordon in Room 139 **BEFORE** Friday, February 28th.

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**Yearbook Sale**

Yearbooks are now on sale online at [www.yearbookforever.com](http://www.yearbookforever.com) at the discounted rate of $33.00 plus tax until **Monday, June 1st**, the price will increase then. Search Highlands Middle School and White Plains, NY. Please contact Ms. Federico or Mrs. Thornton if you have any questions.

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**Tennis Program**

Interested in playing tennis? There is an open gym/free tennis program on Wednesdays at WPHS. It’s from 7:00pm-8:30pm. If you just want to hit the ball with friends, learn how to play, or just play games, stop by. It will be held in the South Gym at WPHS and boys and girls are invited to attend.

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**Golf**

Interested in playing Golf this spring? Open to both Boys and Girls. The White Plains High School Varsity Golf Team wants you to come out for the Golf Team! Give it a try and let’s see your swing. Please see Coach Armogida and give him your name and contact information if you are interested in playing Golf this spring 🏌️

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**Girl Power**

Girl Power meets every **Tuesday, Wednesday and Thursday** afterschool in Room 343.

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**Dance and Drumming Classes**

Don’t forget that The Youth Bureau’s free Dance and Drumming classes are back on **Tuesdays and Thursdays** at 5:30pm at the Senior Center at 65 Mitchell Place!

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**White Plains Youth Bureau Teen Lounge**

The White Plains Youth Bureau Teen Lounge at Eastview is open. The Teen Lounge Transport Van will be outside at dismissal.

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**Lyon King Jr. Rehearsal Schedule**

<table>
<thead>
<tr>
<th>3/AM</th>
<th>4/BS</th>
<th>5/C/M</th>
<th>6/DS</th>
<th>7/E/M</th>
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</thead>
<tbody>
<tr>
<td>THEY LIVE IN YOU - full Ensemble, Mufasa</td>
<td>BLOCKING- Scene2, 3, 4- pg16-25 2:30-4:15 Rm 261</td>
<td>FACULTY MTG</td>
<td>STAMPEDE-Full ensemble SONG &amp; CHOREO 2:30-5:00-RM 261</td>
<td>SING THROUGH FULL CAST 2:30-5:00pm- Rm 261</td>
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**Ms. Pereira’s Orchestra Lessons**

<table>
<thead>
<tr>
<th>3 A/M</th>
<th>4 B/S</th>
<th>5 C/M</th>
<th>6 D/S</th>
<th>7 E/M</th>
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</thead>
<tbody>
<tr>
<td>Per. 1 - Violin 2/IRlen</td>
<td>Per. 2 - Cello J/Pereira</td>
<td>Per. 1 - Violin 4/IRlen</td>
<td>Per. 2 - Cello 11/Pereira</td>
<td>Per. 1 - Violin 6/IRlen</td>
</tr>
<tr>
<td>Per. 4 - Violin A/IRlen</td>
<td>Per. 4 - Cello 10/Pereira</td>
<td>Per. 4 - Violin C/IRlen</td>
<td>Per. 7 - Viola H/IRlen</td>
<td>Per. 4 - Violin E/IRlen</td>
</tr>
<tr>
<td>Per. 5 - Violin B/IRlen</td>
<td>Per. 7 - Viola 6/IRlen</td>
<td>Per. 5 - Violin D/IRlen</td>
<td>Per. 8 - Viola 8/IRlen</td>
<td>Per. 5 - Violin F/IRlen</td>
</tr>
<tr>
<td>Per. 8 - Violin 1/IRlen</td>
<td>Per. 8 - Viola 7/IRlen</td>
<td>Per. 8 - Violin 3/IRlen</td>
<td>Per. 9 - Cello K/Pereira</td>
<td>Per. 8 - Violin 5/IRlen</td>
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</tbody>
</table>
Jan/Feb 2020 Band Lesson Schedule

Lesson Locations and Teachers by Group:

Mr. Veeder (in room 3): Groups 1, 2, 5, 6, 7, 9
Ms. Pyne (in auditorium): Groups 3, 4, 8, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21

Homework Center

Media Center (2:30pm-4:15pm)
Mondays, Tuesdays and Thursdays

Need to improve or maintain your high grades???
Would you like to feel confident that your homework, POW or Lab is correct?
Are you too busy at lunch to see teachers for help?

Need help with homework, tutoring, organizing, and studying.
Teachers from all subject areas are ready and happy to help you get your work done.

Come to Homework Center!!

• Sign up in the Cafeteria during lunch
• Meet in the Media Center hallway after school
• Come with your binder, planner, and necessary materials
• Snack will be served
• Must have work for the entire session (including a book for silent reading)
• Students must stay in Homework Center for entire session
• R.O.A.R. Behavior is expected while in Homework Center

Have a great day!