

STUDENTS ARE SIGNING UP FOR MARCH FITNESS

**Coordinated School Health
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One of the highlights of March we all know is March Madness! People all over America get involved in the contest of basketball's annual championship games. Everyone likes to follow their favorite teams and cheer for the champions! Using this as a guideline, Athens City School students will be participating in their own contest – March Wellness.

Students have received a form to use tracking their walking, running, or jogging from March 1st to April 5th. All students have to do is

- Track your miles each day**
- Track any time of day and at any location you exercise**
- Student and parent sign the log and return to your school by April 5th**
- Your goal is to run a marathon (26.2 miles) during the month**

Students with logs of 26.2 miles will be entered in the drawing for prizes and awards! Let's have lots of marathon runners!

Athens City Middle School has several athletic meets scheduled this week. Tomorrow, the 7th, Baseball goes to North Middle in Lenoir City at 6 p.m. The Soccer team will play Lake Forest here at 5 p.m. On Monday, the 11th, the Baseball crew will play at McMinn County at 4:30 and at 6 p.m. The Golf team plays Rhea Co./McMinn C. at 4:30 at Springbrook. Golf will travel to Meigs County on Tuesday, the 12th 4 p.m. The Soccer team will be at home against Rhea at 5 p.m. Baseball will be at home against Spring City Middle School at 5 and 6:30. Come out and support the Cougars!

Spring Fun Night for 6th and 7th graders is scheduled at the middle school on Friday, the 8th. The fun begins at 8 p.m. and ends at 12 midnight. Friday is also the day for Spring Pictures and Sports Pictures. Be sure to be ready to smile that day.

This reminder to parents: Friday the 8th is the end of the 9 weeks grading period. Grade Card Day is the next Friday, the 15th. Be sure to check with your students before the end of the grading period.

Julie Lofland, Family Engagement Coordinator, wants to thank all those who participated in our annual survey this year. We had tremendous response (79%) and got so many wonderful remarks and ideas. Believe me, we look at each one and share ideas with the principals and staff members. Your ideas count with ACS!

Next Monday is the monthly meeting for the Board of Education. The meeting will be held at North City, beginning at 5:30. As always, the public is invited to attend. It's your Board, so feel free to come see what's going on.

Many of our students have been participating in the Optimist Oratorical Contest in their schools. Coming up this Thursday will be the final round of the contest. Representatives from each school will present their winning speech. The contest will be held at the Athens Church of Christ beginning at 6 p.m. Best of luck to all our student contestants!

It's only a few weeks until Spring. Coming this weekend will be the annual return to Daylight Savings Time. If you remember, the old rhyme goes "Spring Forward --- Fall Back!" Every year we hear discussions of states that want to stay on the same time year round, while others look forward to the time change. Whether it's fall or spring, it does take some adjusting to get used to all that daylight! Children get an extra hour to be outside, which makes them late to bed and grumpy in the morning. Clocks are always an hour off. Take your time, get organized, and enjoy the coming of spring.

Have a wonderful weekend. Rumor says it might rain. What a treat!

3/6/19