




UPCOMING ACTIVITIES:

Wednesday, Jan. 3	9 th Grade Girls Basketball vs. Elmwood (HS Gym) 5:00 pm
Thursday, Jan. 4	Middle School Girls Basketball @ Glenwood 4:30/5:30 pm Middle School Boys Basketball vs. Glenwood (ELEM Gym) 5:00/6:00 pm Middle School "B" Boys Basketball vs/ Liberty-Benton (ELEM Gym) 7:00 pm 9 th Grade Boys Basketball vs. McComb (HS GYM) 5:00 pm JV/Varsity Girls Basketball @ McComb 6:00/6:45 pm
Friday, Jan. 5	9 th /JV/Varsity Boys Basketball vs. Liberty-Benton 4:30/6:00/7:30 pm
Saturday, Jan. 6	Middle School Girls Basketball @ Elmwood 10 ⁰⁰ /11:00 am 9 th Grade Girls basketball @ Findlay 10:00 am Middle School Wrestling Bearcat Invitational @ Spencerville HS 10:00 am Middle School Boys Basketball @ Elmwood 12:30/1:30 pm 9 th /JV/Varsity Boys Basketball vs. Patrick Henry 4:30/6:00/7:30 pm

LUNCH:	Enchilada, Mexican Rice, Corn, Asst. Fruit, Milk	WEATHER:	17°F/2°F
			 Mostly cloudy with chance of snow showers.



In Tennessee, a law exists which prohibits the sale of bologna (sandwich meat) on Sunday.

HIGH SCHOOL ANNOUNCEMENTS:

Welcome back!! Campus Life Breakfast Club is back Friday morning at 7:01 am - 7:31 am! Check out the Breakfast burrito, scrambled eggs, sausage and chocolate chip pancakes. Learn more about "How to Walk" through life. See you there!!

Quiz Bowl WILL be meeting after school Thursday January 4th to prepare for next week's tournament and the cake raffle.

Mr. Hudok, our new varsity track coach will be here this Friday, January 5, during lunch to talk to any students who are interested in track this spring.

High School Activity Period Opportunities: For the week of January 8th: (There are NONE this week)

FOR;	GROUP	ROOM	TEACHER
<i>Wednesday, November 10 Grades 9-12</i>	Poetry Out Loud Meeting	235	Mr. Bratt

MIDDLE SCHOOL ANNOUNCEMENTS

Need a quiet place to study, help with homework, or wifi? National Junior Honor Society will hold study tables every Tuesday and Thursday, 3:00-4:00pm in Mrs. Brown's classroom. Students should come ready to study and parents can pick up their children at the cafeteria doors at 4pm.

The Middle School Quiz Bowl Team will be during Lunch on Thursdays in Mr. Marshall's Room. All 7th and 8th Graders interested are welcome.

Friends of Rachel is proud to announce the Random Acts of Kindness calendar for the month of January. Each day offers something that you can do to brighten someone's day. Please take a moment to check out the calendar and act with kindness today!

Updated House Points as of THIS WEEK: (Tallies will be gathered every Monday)

Blue - 0 Red - 0 Green - 3 Yellow - 0

Middle School Activity Period Opportunities: For Thursday, January 4: (9:50-10:10 am)

FOR;	GROUP	ROOM	TEACHER
<i>Middle School</i>	Friends of Rachel	<i>Learning Commons</i>	<i>Mrs. Miller</i>

Upcoming Events at Van Buren Middle School

1/12 - End of Second Quarter

1/15 - No School - Martin Luther King, Jr. Day

1/18 - Parent Coffee (10am)

1/19 - Early Dismissal (1pm)

VBMS January Random Acts of Kindness Calendar

1 No School	2 No School	3 Set a personal goal for yourself this year. Give ideas to others too.	4 Thank the lunch ladies and men for all they do.	5 New Friend Friday! Make a new friend at lunch today.
8 Give compliments to others.	9 Put nice post-it notes on the locker(s) of someone you don't know very well.	10 Talk to someone new today. Get to know them.	11 Thank someone for what they do.	12 Choose your own act of kindness.
15 No School	16 Ask someone how they are doing and really listen.	17 Help the teachers by encouraging others to participate in class.	18 Hold the door for someone.	19 Tell a friend why they are such a good friend.
22 Encourage a classmate who is having a hard time.	23 Pick up as much trash as you can.	24 Smile at someone and wish them a good morning.	25 Help a classmate with their homework.	26 Leave a nice note for the custodian.
29 Thank your bus driver for getting you to school safely.	30 Give someone a serious compliment.			