

**Conrad Weiser High School
Thursday, February 2, 2023
Day 1**

Today's Entrée (select one): Grilled Cheese Sandwich
Sides (select at least two): Baked Beans, Cucumber Slices w/Dip
Milk (may select one): Assorted

Tomorrow's Entrée (select one): Scout McMuffin
Sides (select at least two): Hash Browns, Side Salad

Signing Day for Conrad Weiser Athletes will be Friday, March 3rd at 2pm in the LGI. Any senior athlete who has committed to play a sport next year and wants to participate can pick up a bio sheet in the high school office. They must be returned to Mrs. Bright or Mrs. Sechrist in the high school office by Friday, February 24th!

Attention athletes: Physical paperwork is online this year!

- If you did not play a fall or winter sport, you and a parent must create accounts at www.planeths.com to complete all of your physical paperwork. You will need to print Sections 6 and 7 to take to your physician, then upload section 7. The physical must be dated after **June 1, 2022!**
- If you played a fall or winter sport, you will need to log on to your [planeths.com](http://www.planeths.com) account and complete Section 8, the Recertification (Spring). If an injury has occurred since the initial physical was done, you will need to also complete Section 9, have it signed by a physician, and upload it.
- If you did not play a fall or winter sport but already created your accounts at [planeths.com](http://www.planeths.com) to play a spring sport, you can check with Mrs. Bright (w_bright@conradweiser.org) to see if you are already on the roster.

High school spring sports are scheduled to start on Monday, March 6th. Middle school spring sports are scheduled to start on Monday, March 13th. Physical paperwork must be completed before these dates in order to be able to participate. If you have any questions, contact Mrs. Bright, ext. 6266 or at the above email.

Sports Results:

G V Basketball: CW (35) vs. Elco (38)
 V Wrestling: CW (58) vs. Twin Valley (12)

Early Dismissal for Sports

Dismiss

Thurs	2/2	Coed Bowling	Reading	H	3:30	2:15
		B V Basketball	Twin Valley	A	6:00	
Fri	2/3	G V Basketball	Twin Valley	H	6:00	
		B V Basketball	Cedar Crest	A	6:00	
Sat	2/4	JH Wrestling	Wyomissing JH Tournament	A	9:00	
		V Wrestling	Falcon Invitational @ Cedar Crest	A	9:00	

Safe2Saypa.org or call 1-844-723-2729 or find the mobile app.

If it makes you uncomfortable, submit a tip. It will be up to your school to determine what the next steps are. Do you think someone is going to harm themselves? Did you see something scary that concerns you online? Submit this kind of thing.

Safe2Say Something is the easiest way to let someone know that there is a problem and let them handle it. The best part is, they will never know who it was that submitted it. It's that simple.

ATTENTION SENIORS: If you applied to a College via Common Application and/or your college requires a **MID-YEAR School Report/Transcript** please stop into the counseling office and complete the **PINK** mid-year transcript request form indicating you **need a mid-year report** so we can forward/upload your mid-year transcript and forms.

Lebanon Valley College is inviting students to their first-ever Advising & Career Exploration Day: LVC Success Expo on Tuesday, March 21, 2023. Professional development workshops & presentations include the topics: grit & perseverance for life success, how to ask for workplace accommodations, mind/body wellness at work, illegal interviewing questions, just to name a few. For questions or to register, contact EJ Smith, Director of Admission Recruitment at (717) 867-6183 or ejsmith@lvc.edu.

SOPHOMORES & JUNIORS: Carnegie Mellon's Pre-College Programs mirror the undergraduate experience, giving students the opportunity to explore their interests and passions while receiving instruction from acclaimed Carnegie Mellon faculty and staff. Visit www.cmu.edu/pre-college for complete details and to apply.

There will be a mandatory meeting for all students who wish to participate in the spring season of track and field. Please join Coach Jasmine Butterworth in the auditorium on **Tuesday, February 7th**, during PLT for important information regarding the upcoming season. If you cannot attend, please e-mail CoachJasmineB@gmail.com for more information.

Attention all softball players: Reminder! Our next open gym will be on **Wednesday, February 8th**, from 5:30-7:30 pm. See you then!

Attention Students: Are you looking for a job? Remember to check the Job Board outside of the Counseling Office as new opportunities are being placed there.

Key Club will be fundraising money to donate to CHOP, the Children's Hospital of Philadelphia, to go toward the creation of "treatment trays" for children receiving cancer treatments. These trays will include lots of entertainment activities, snacks, warm socks, and a blanket in order to help give them a bit of joy and hope. Members of the Key Club will be going around to all PLTs the week of February 6-10 to collect loose change or dollar bills for this cause. In addition, the club will match up to \$200 of the money raised. So CHOP CHOP CHOP, and get your change ready!