

THE HERONS EYE

THREE OAKS MIDDLE SCHOOL'S DAILY POST
MARCH 9, 2021

Weather Today

Weather Tomorrow

Tue 09

78°
57°



5%

78°
59°



0%

Brought to
you by:

The
Weather
Channel



Do you like to run, jump, or throw? Then Track and Field is the sport for you. You can run the 100m, 200m, 400m, 800m and mile. There are also relays, shot put, discus, and long jump. This is a great year to be able to try all of the races and events. There will be prizes for the winners at the end of the season. This is the last week you can sign up. The deadline is Friday, March 12th, no exceptions. You must get onto the Google Classroom and fill out the Interest Form and the County Intramural Release Form to save a spot. We will organize genders and grades and post on Google Classroom what day you will need to come to practice. Please contact Coach Cline or Coach LeBeau with any questions.



COVID-19
CORONAVIRUS DISEASE 2019

Students, TOMS wants you to remember to continue avoiding COVID the best we can. Wear your masks properly, wash your hands often, use sanitizer, keep an appropriate distance and avoid touching other people and objects around the school especially during lunch time. Stay the proper distance away from people in front of you and do not touch other students at any time from your or other classes.

Keep TOMS the safest it can be! If you see/hear something **troubling**, let your teacher/administration know!

In track news, we found out what sprinters eat before a race... Nothing.. they fast!

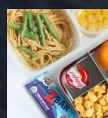
Do you enjoy helping others? Do you want to improve your community? Join the Interact Club! The club works with the Rotary Club of Estero to volunteer in community events. Interact will meet Tuesdays beginning March 23rd from 4:15-5:15pm. Spots are limited. Join the Interact Club Google Classroom (code:liu7k7r) and fill out the Interact Club Interest Form to reserve a spot. See the Interact Club Flyer for more information.



Students, are you having issues with the law? Perhaps our system of government overall? Or maybe you just need to brush up on your branches of government. Civics Tutoring is available this week Tuesday with Mr. McKellar and Wednesday with Ms. Holimon.

WOMEN'S HISTORY MONTH

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, and the Smithsonian Institution join in commemorating and encouraging the study, observance and celebration of the vital role of women in American history.



Today's Lunch

Main

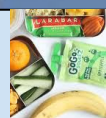
All-Beef Sliders, Buffalo Chicken Pizza, veggie Salad or a Crispy Chicken Sandwich

Sides

Assorted Fruit, Baked Beans
veggie Dippers or a whole grain Pretzel.

Dairy

MILK, FF Chocolate - MILK,1% Lowfat
MILK,Skim - MILK, FF Strawberry



Tomorrow's Lunch

Main

Mozzarella Sticks, Sunshine Pack, Nachos with Meat & Cheese

Sides

Assorted Fruit, Broccoli or a Tossed Salad

Dairy

MILK, FF Chocolate - MILK,1% Lowfat
MILK,Skim - MILK, FF Strawberry