## Mr. Lewis' Weekly Round-Up....

Happy Friday to everyone! What a soggy week! Inside recess has been brutal, but thanks to our new drainage system, we have minimized some of the damage so to speak. Let's hope for some sunshine over the next week and for Spring Break!

If you haven't heard from your child's teacher by now about upcoming Parent/Teacher Conferences, then please e-mail or call them. Parent/Teacher Conferences will be on March 16th and 17th, and Spring Break begins on March 21st.

Have a great weekend!
Mark Lewis


## WAY TO BE HEART HEROS!

You guys are amazing!! Thank you to all of you that participated in our Celebration Jump by volunteering, jumping or supporting. A special thanks goes out to Grace United Methodist Church for allowing us the use of their gym area. Our school wide goal was to collect \$6,000 for the American Heart Association. We smashed that goal by collecting $\$ 8,384.82!!!$ Thank you to all the students \& parents that collected money to help fight heart disease. Those students that collected $\$ 150$ or more will be treated to a Silly String attack on Mr. Lewis, Dr. G \& Mrs. Breashears, date TBA. Thank you gifts should arrive just before or just after spring break.

Again, thank you!

This $4^{\text {th }}$ Annual Wampus Cat Wellness Expo is approaching quickly. This year we will be selling bracelets for the Wellness Expo. We have four different designs. Each bracelet is \$1.00! We only have 50 of each design! Bracelets will be sold on a first come, first serve basis. We will begin selling these Monday, March $7^{\text {th }}$ !

> Yearbook orders are due Friday, March 11. Order

Bring \$1 each Friday in March to donate to the Make a Wish Foundation and you get to wear a hat to school!


## Mini Book Fair March 16 and 17

Open during school hours and during Parent/ Teacher Conferences.


## School Lunch Menu March 14-18

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| Eggo Mini Maple Pancakes w/ Turkey Bacon Assorted Cereal with Assorted Pop Tarts <br> Assorted Pop Tarts Breakfast Ring Mini Chocolate Rings Mini Powdered Rings Assorted Juice Fruit Choice Milk of Choice | Chicken and Waffles Assorted Cereal w/ Oatmeal Bar <br> Assorted Pop Tarts Breakfast Ring Mini Chocolate Rings Mini Powdered Rings Assorted Juice Fruit Choice Milk of Choice | French Toast Sticks w/Turkey Bacon Assorted Cereal with Assorted Pop Tarts <br> Assorted Pop Tarts Breakfast Ring Mini Chocolate Rings Mini Powdered Rings Assorted Juice Fruit Choice Milk of Choice | Ham \& Cheese Biscuit Assorted Cereal w/ Oatmeal Bar <br> Assorted Pop Tarts Breakfast Ring Mini Chocolate Rings Mini Powdered Rings Assorted Juice Fruit Choice Milk of Choice | Pancake \& Sausage on a Stick wi' Syrup Assorted Cereal with Assorted Pop Tarts <br> Assorted Pop Tarts Breakfast̃ Ring Mini Chocolate Rings Mini Powdered Rings Assorted Juice Fruit Choice Milk of Choice |
| Grilled Cheese <br> Sandwich w/ Chicken Noodle Soup Or <br> Cheeseburger w/ Cheeto Puffs <br> Yogurt w/ <br> String Cheese and Goldfish Crackers Dragon Punch Juice Mixed Veggie Salad of the Week <br> Pineapple Cherry Swirl Fruit Ice Fresh Apple Slices Milk of Choice | Breakfast for Lunch <br> Scrambled Eggs <br> Sausage Patty, <br>  <br> Tator Tots w/ Ketchup Or <br> Mini Corn Dogs w. Spiral Fries <br> Yogurt w/ <br> String Cheese and Goldfish Crackers Cucumber Slices <br> Mixed Veggie Salad Of the week Apple Juice Sliced Oranges Milk of Choice | Nachos w/Ground Beef \& Salsa Cup Or <br> Ham \& Cheese Flatbread Melt w/ Cool Ranch Doritos <br> Yogurt w/ <br> String Cheese and Goldfish Crackers Taco Soup <br> Mixed Veggie Salad of the Week Berry Juice Peach Cup <br> Milk of Choice | Chicken Nuggets w/ <br> Potatoes \& Roll Or <br> Cheese Stuffed <br> Breadsticks w/ Marinara Sauce <br> Yogurt w/ <br> String Cheese and Goldfish Crackers Lemon Pepper Broccoli <br> Orange Tangerine Juice Pineapple Tidbits Milk of Choice | School Choice Pizza Or <br> Crispy Chicken Tender Wrap w ! Nacho Cheese Doritos $\qquad$ $\square$ <br> Yogurt: w/ <br> String Cheese and Goldfish Crackers Garden Salad w! Ranch Dressing Fruit Punch Juice Applesauce Cup Homemade Oatmeal Cookie Milk of Choice |

Advance Tickets are $\mathbf{\$ 2 5}$ per person Order online arkansasgives.com

At the Door: $\mathbf{\$ 2 5}$ per person


TOK/EK RUN CONWAMY, AR
Annual Tadpole Trot for Kids

## 10 a.m. Saturday, April 30 <br> John McConnell Stadium/Conway High School

Races for children ages 4-12:

$$
\text { 4-8-Half lap } \quad 9-10-\text { One lap } \quad 11-12 \text { - Two laps (one-half mile). }
$$

First, second and third place finishers in each division receive trophies. All other entrants receive a ribbon. The school with the largest participation will receive $\$ 200$ for its physical education program.

Registration is $\$ 10$, which includes a cotton T-shirt. Free refreshments for runners.

The Conway Kiwanis Club is the main organizer of the event, which is supported by the Conway Running Club and Conway Convention \& Visitors Bureau.

For more information or to register, visit toadsuckrun.com.

A BIC thank you to our TITLE SPONSOR Groovy Smiles Pediatric Dentistry DR. AARON K. FORRESTER, D.D.S.

The DEADLINE to guarantee an official event tee: TUESDAY | MARCH 29


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$\frac{\text { Arkansas }}{\text { Pediatrics }}$ of Conway
R.L. Jackson I Jackson Invesment

Jay Bernard State Farm Agent Whitney Long |REMMAX Realtor Velda Lueders | Pam McDowell Realtor Michelle M. Philips | CPA, PA Simmons Bank

Conway Children's Clinic Joe \& Helen Echavarria Blue Pool Spas Pigtails \& Crewcuts - Conway Sonshine Academy Freyaldenhoven Heat \& Air


FRIDAY, APRIL 15 @ 6 P.M.
LAUREL PARK | PRINCE STREET | CONWAY ${ }^{3}$ CONWAY REGIONAL HEALTH SYSTEM

Conway Regional Health $\mathcal{E}$ Fitness center 700 SALEM RD | CONWAY |AR| 72034


## KIDS RUN ARKANSAS

Friday, April 15 @ 6 p.m.
LAUREL PARK | PRINCE STREET | CONWAY
The deadline to guarantee a t-shirt is TUESDAY, MARCH 29
Parents Name: $\qquad$ Phone: $\qquad$
Address: $\qquad$ City: $\qquad$ Zip:

Email: $\qquad$ Alternate Phone: $\qquad$
Emergency Contact Number:

Participant Registration \& T-Shirt Order
Event registration is only $\mathbf{\$ 1 0}$ \& this includes official Kids Run Arkansas $®$ shirt, goody bag \& finishers medal! Discount for Family of 4 - only \$35! *Discount can be all children or parents \& children

Youth: YS YM YL YXL Adult: S M L XL 2XL

| Name | School Name | Age | Size | Fee |
| :--- | :--- | :--- | :--- | :--- |
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| Family of 4 discount applied? Yes No Total Fee : |  |  |  |  |
| Payment (circle one): cash check |  |  |  |  |

*Please make checks payable to Conway Regional Health \& Fitness Center Mail or drop off completed form and payment to: Conway Regional Health \& Fitness Center 700 Salem Road • Conway, AR 72034

Questions?
Mallory Lefler, Race Director • 450.9292 ext. 309 mlefler@conwavreaional.org
Amanda Castillo, Marketing Coordinator • 450.9292 ext. 305 acastillo@conwavreoional.ore


T-shirt pick-up will be held:
Wednesday, April 13 \& Thursday, April 14
8 a.m. -10 p.m. \& then Friday, April 15 from 8 a.m. -3 p.m. at Conway Regional Health \& Fitness Center.

Assumption of Risk and Release
In agreeing to participate in Kids Run Arkansas, presented by Conway Regional Health and Fitness Center, I affirm that my child's general health is good and that he/she is not adversely affected by physical activities. I am aware of the possibility of accidental not adversely affecter by puring this activity. In ansider ition parsicipating in Kids or other physical injury during this activity. In consideration of participating in Kids Run Arkansas, I do hereby agree to assume all risks of such injury and will hold harmless from any liability, actions, causes of action, claims and demands of every with any participation in activities arranged by Conway Regional Health and Fitness Center, its employees, staff and volunteers. The terms herein shall serve as a release and assumption of risk for my heirs, minors. I have agreed to the conditions stated above.

Photo Consent
I, fully understand that my minor child $\qquad$ may be photographed or interviewed as part of general news media coverage of this Conway Regional Heat th and Fitness Center event. It is with my full consent and andar 1 in 1 in din promotional materials and news releases for Conway Regional Health System.
__I give my consent
___ I do not give my consent
Signature: $\frac{\text { Dite: }}{\text { (Signature of Parent or Guardian) }}$
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CONWAY REGIONAL
HEALTH SYSTEM I

