

WEEKLY BULLETIN

Sterling Public Schools



April 20-27, 2019

Saturday
April 20

NHS Trash Pick-Up - 8:30AM - Meet in front of the school
Women of Today Easter Egg Hunt @ the Park - 10AM (If rainy, will be held at school)

Monday
April 22

Breakfast: Pancake & Sausage on a stick OR WG Cereal/WG Muffin, Fruit/Juice, Milk
Lunch: Pizza Crunchers, Mixed Vegetables, Mandarin Oranges
RSH - 6th period
YEARBOOK GROUP PICTURES - 8:10AM (GRADES 7-12)
Track Practice after school

Tuesday
April 23

Breakfast: Scrambled Eggs, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk
Lunch: Salisbury Steak, Mashed Potatoes w/ Gravy, Peas, Pears
NSCAS Testing - Grade 8 - Science
4th Grade Field Trip to State Capital/Memorial Stadium - Vans leave @ 8:30AM
Pawnee City HS Track Invite @ Pawnee City - 9AM - Bus leaves @ 7:11AM

*schedule on back

Wednesday
April 24

Breakfast: Cinnamon Roll, Gogurt OR WG Cereal/Gogurt, Fruit/Juice, Milk
Lunch: Mini Corn Dogs, Baked Beans, Hash Brown Bites, Peaches
NSCAS Testing - Grade 3, 4, 5, 6 - Math
Spanish Fiesta 8AM-1PM in the gym
Lewiston JH Track Invite @ Pawnee City - 9:30AM - Bus leaves @ 8:15AM
Track Practice after school

*schedule on back

Thursday
April 25

Breakfast: Omelet, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk
Lunch: Cook's Choice, Applesauce
RSH - 5th period
NSCAS Testing - Grade 3, 6, 7, 8 - Math
Farm Safety Day (4th & 5th Grades) - Bus leaves @ 8AM
9th Grade Wax Museum - 2:45PM in the gym
Spring Concert/Awards - 7PM in the gym
Track Practice after school

Friday
April 26

Breakfast: Breakfast Pizza Bites OR WG Cereal/WG Muffin, Fruit/Juice, Milk
Lunch: Sub Sandwich, Chips, Jell-O, Pineapple Tidbits
RSH - 4th period
5th & 6th Grade Science Fair - 1:30-3:30PM in the cafeteria
Track Practice after school
Middle School Dance - 7:30-10PM in the cafeteria

Saturday
April 27

Pioneer Conference HS Track @ Pawnee City - 9AM - Bus leaves @ 6:56AM
*schedule on back

Stay up to date with all things JET related by going to the school website: www.sterlingjets.org, our Facebook page, and for sports scores, follow us on Twitter: [@spsjetpride](https://twitter.com/spsjetpride)!!!

* USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

ACT TEST DATE INFO:

TEST DATE	JUNE 8	JUL 13
Registration Deadline	MAY 3	JUN 14
Late Registration Deadline	MAY 20	JUN 24

Pioneer Conference HS Track Meet
April 27, 2019

9AM

Series 1	Series 2
Boys Discus	Girls Shot
Girls Discus	Boys Shot
Girls Long Jump	Boys Long Jump
Boys Triple Jump	Girls Triple Jump
Boys High Jump	Girls High Jump
Girls Pole Vault	Boys Pole Vault

RUNNING EVENTS

12PM

3200 M Relay	Finals
100/110 M Hurdles (33"/39")	Prelims
100 M Dash	Prelims
400 M Dash	Finals
3200 M Run	Finals
200 M Dash	Prelims

Break - (30 Minutes or as needed)

100/110 M Hurdles (33"/39")	Finals
100 M Dash	Finals
800 M Run	Finals
300 M Hurdles (30"/36")	Finals
200 M Dash	Finals
1600 M Run	Finals
400 M Relay	Finals
1600 M Relay	Finals

LEWISTON JH INVITE
@ PAWNEE CITY
4/24/19

9:30 - FIELD EVENTS

Flight 1 (*4 attempts only)

Boys Discus
Girls Discus
Boys High Jump
Girls Long Jump
Boys Triple Jump

Flight 2 (*4 attempts only)

Boys Shot Put
Girls Shot Put
Girls High Jump
Boys Long Jump
Girls Triple Jump

12PM - RUNNING EVENTS

Girls/Boys	800 M Relay
Girls/Boys	1600 M Run
Girls/Boys	100 / 110 M Hurdles
Girls/Boys	100 M Dash
Girls/Boys	400 M Dash
Girls/Boys	300 M Hurdles

BREAK - TIME TBD

Girls/Boys	200 M Dash
Girls/Boys	800 M Run
Girls/Boys	400 M Relay
Girls/Boys	1600 M Relay

PAWNEE CITY HS INVITE
APRIL 23, 2019

9AM

Series I	Series II
Boys Discus	Boys Shot Put
Girls Shot Put	Girls Discus
Boys Long Jump	Girls Long Jump
Girls Triple Jump	Boys Triple Jump
Girls High Jump	Boys High Jump
Boys Pole Vault	Girls Pole Vault

11:30AM - RUNNING EVENTS

3200 M Relay	Finals
100/110 M Hurdles	Prelims
100 M Dash	Prelims
400 M Dash	Finals
3200 M Run	Finals
200 M Dash	Prelims

BREAK - LENGTH OF TIME: TBA

100/110 M Hurdles	Finals
100 M Dash	Finals
800 M Run	Finals
300 M Hurdles	Finals
200 M Dash	Finals
1600 M Run	Finals
400 M Relay	Finals
1600 M Relay	Finals