

Weekly Bulletin

Sterling Public Schools

November 26-December 5, 2009

Thursday, Nov. 26 NO SCHOOL – HAPPY THANKSGIVING - No practices

Friday, Nov. 27 NO SCHOOL – THANKSGIVING BREAK
Boys BB practice – 8:00 a.m.-10:15 a.m. Girls BB practice – 10:15 a.m.-12:15 p.m.

Saturday, Nov. 28 Girls basketball practice – 8 a.m.-10 a.m.
Boys basketball practice – 10 a.m.- ?? Maroon/White Scrimmage

**Monday
Nov. 30** Breakfast Menu: Toaster Pastry or Cereal/Sausage, milk, juice
Menu: Submarines, green beans, gelatin, pineapple tidbits
Boys basketball practice – 6:00 a.m. -7:30 a.m.
Play practice 7:30 a.m.
Girls basketball practice – 3:55 p.m.-5:30 p.m.
Jr. High Boys Basketball @ Freeman Tourn. in Adams – 5:00 p.m. Bus leaves at 4:15
One Act Play Public Performance “Check Please” – 7:30 p.m.

**Tuesday
Dec. 1** Breakfast Menu: Cereal, Toast, Fruit, milk, juice
Menu: Burrito, peas, chips w/salsa, peaches
Girls basketball practice – 3:55 p.m. -5:10 p.m.
Boys basketball practice – 5:10 p.m.-6:30 p.m.
District One Act Play @ Bruning-**Davenport** – Bus leaves at 8:00 a.m. Perform 1 p.m.
Elementary Winter Concert – 7:30 p.m.

**Wednesday
Dec. 2** Breakfast Menu: Pancakes, Sausage or Cereal/Sausage, juice, milk
Menu: Tomato Soup, cheese sandwich, lettuce salad, applesauce
One Act Play Performance at Sterling Senior Center – 11:45 a.m.
Boys basketball practice – 3:55 p.m. -5:10 p.m.
Girls basketball practice – 5:10 p.m.-6:30 p.m.

**Thursday
Dec. 3** Breakfast Menu: Donut, Yogurt or Cereal/Yogurt, juice, milk
Menu: Chicken & Noodles, mixed vegetables or broccoli & cheese, corn bread, peaches
Girls BB practice – 3:55 p.m. -5:15 p.m. Boys BB practice – 3:55 p.m. -5:15 p.m.
6-12th Grade Winter Choir Concert – 7:30 p.m.

**Friday
Dec. 4** Breakfast Menu: Scrambled Eggs, Toast or Cereal/Toast, juice, milk
Menu: Ham Patty, tator gems, peas, mixed fruit
Girls/Boys Basketball (**BJV, GV, BV**) @ FCSH– 5 p.m. Bus leaves at 2:45 p.m.

Saturday, Dec. 5 9/10 **Boys & Girls** Basketball – HTRS Tournament – TBA @ Humboldt

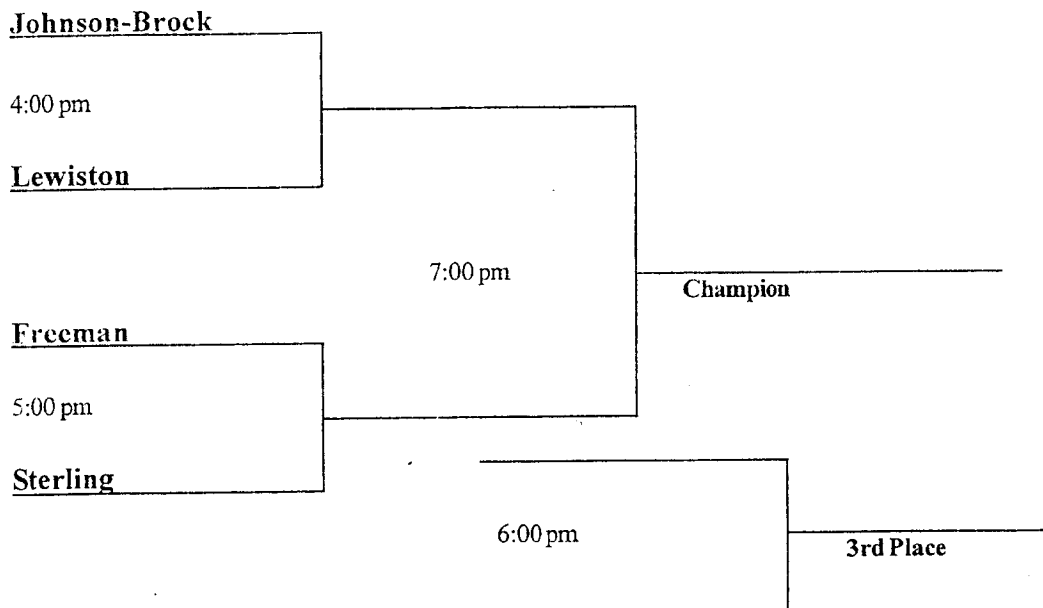
- Lunch Statements will be going home today (11/25).
 - Play cast and crew members don't forget to bring your dessert to the school on Monday for the dessert bar after the play performance that night!
 - **Booster Club** Did you know Sterling Jets apparel and merchandise can also be ordered directly from the school website? Sterling Jets personalized car decals are only one of the many options available online!
- * Need some Christmas gift ideas?? In addition, the Booster Club will sell apparel and merchandise before the Dec. 1 Elementary Concert and the Dec. 3 Choir Concert. Orders placed at both concerts and the website by Friday, Dec. 4, should be ready prior to Dec. 22. Orders placed after Dec. 4 may not be ready by Christmas. To ensure Christmas delivery, we encourage online ordering prior to Thanksgiving. Thank you for your support!

- Post Prom Parents are selling Poinsettias and Cactus NOW through Dec. 3. Please contact any Junior parent to order any plants. The price is \$12.00.
- Friday, December 11 the Music Boosters will be having a Soup Supper. Students in Band and Music are to bring the following: SENIORS- 2 Large Bottles of Ranch Dressing; JUNIORS & FRESHMEN- 12 whole sandwiches (cut in half and wrapped separately (24 all together)); SOPHOMORES & 7th GRADE- Relish (mixture of carrots & celery in a snack size zip lock bag (1 dozen)); 5th, 6th & 8th GRADERS- Desserts (able to cut at least 12 pieces 2X2 or larger). Please have to school by 4:00 p.m.
- **ORDER FORMS** – The girls volleyball team is having a T-shirt made that everyone is welcome to order if they would like to do so. The order forms have to be in to the office by **Tuesday, Dec. 1** at noon. If you are interested in ordering please contact the office. The shirt/hoodie will be black with the following design on the front and team roster on the back.

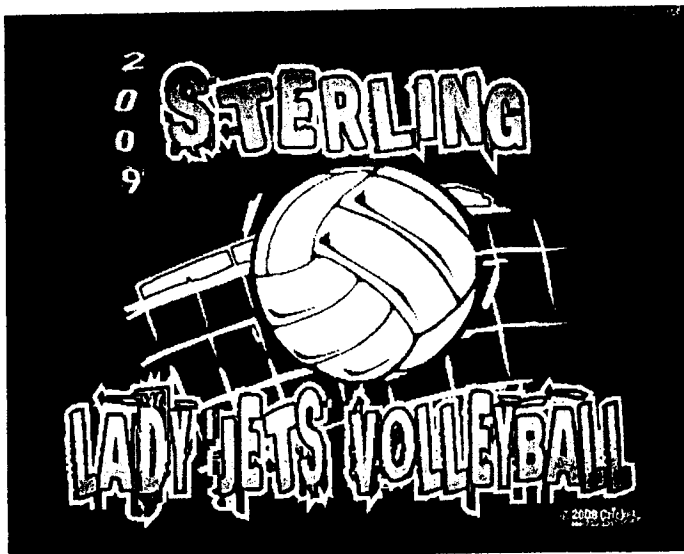
Freeman High School

Spirit Club Junior High Boys Basketball Tournament

Monday, November 30, 2009



COLORS: white underlay, athletic gold,
maroon, white highlight



Sterling High School
22-9
2009-2010 VOLLEYBALL

VARSITY

- #1 Jenna Nieveen
- #2 Courtney VanGroningen
- #3 Alexa Magill
- #4 Willow Hunt
- #7 Kelsey Heusman
- #10 Courtney Murphy
- #11 Reba Hestermann
- #12 Nicole Wenzl

Jr. Varsity

- #3 Emily Kelm
- #4 Devon Dreessen
- #5 Eva Schmitt
- #8 Shelby Morgan
- #15 Allison Porter
- #16 Michelle Bartels
- #18 Katie Daehling

HEAD COACH: Stan Kerr
ASSISTANT COACHES: Teresa Haynes, Melissa Boldt
STUDENT MANAGERS: Tara Hestermann, Stavia Nielsen,
Jordan Lempska, Becky Williams,
Merl Beth Hestbrink

WE ARE THE I.B.C.!!

Sterling 2009 Girls Volleyball Shirts

Orders for these shirts will be made available to all students and patrons. You can view the logo on the school website. This **form and money must be returned by 12:00 p.m. (noon) on Tuesday, Dec. 1** to the school office.

Name: _____

Phone Number: _____

All T-Shirts and Hoodies are Black!

Please mark the style of sleeve and the size for each shirt ordered.

SIZES	Child 10-12	Child 14-16	Adult Small	Adult Medium	Adult Large	Adult X-Large	Adult 2X- Large	Adult 3X- Large	Adult 4X-Large
Short Sleeves									
Long Sleeves									Not available
Hooded Sweatshirt	Not available	Not available	Not available						Not available

Shirt Sizes 10-12 through X Large – Short sleeves will be \$10 each. 2XL-Large & 3XL-Large - \$12

Shirt Sizes 10-12 through X Large – Long sleeves will be \$11 each. 2XL-Large & 3XL-Large - \$13

Hooded Sweatshirt Sizes M through X Large – will be \$20 each. 2XL-Large & 3XL-Large - \$22

Number of Short Sleeve shirts: _____

Number of Long Sleeve shirts: _____

Number of Hooded Sweatshirts: _____

Total amount of Money sent: _____
(Make checks payable to Sterling Public School)

Cash Check # _____