

# STERLING PUBLIC SCHOOLS - WEEKLY BULLETIN: April 17-24, 2021

**Saturday  
April 17**

Freeman HS Quiz Bowl @ Adams - 9AM - Van leaves @ 8AM  
MUDECAS JH Track Meet @ Tri-County - 9AM - Bus leaves @ 7:30AM - schedule on back  
Prom @ Community Center - schedule on back  
Post Prom - in the school gym @ 11:30PM-4AM

**Monday  
April 19**

Breakfast: Donuts  
Lunch: Fried Rice, Egg Rolls  
**NSCAS ELA:** 8:30AM - Grade 5 **NSCAS MATH:** 8:30AM - Grade 6  
MUDECAS JH Quiz Bowl @ Davenport - 1PM - Van leaves @ 10:45 AM  
School Board Meeting - 7PM  
TRACK PRACTICE after school

**Tuesday  
April 20**

Breakfast: Cheese Omelet, Toast  
Lunch: Tuna Salad Sandwich, Chips  
**RSH - 2nd period**  
**NSCAS ELA:** Session 1: Periods 3-4 - Grade 8, Session 2 (if needed): Period 6 - Grade 8  
Irish HS Track Invite @ Syracuse - 9:30AM - Bus leaves @ 7:21AM - schedule on back

**Wednesday  
April 21**

Breakfast: Waffles  
Lunch: Chili, Cheesy Cornbread  
**RSH - 3rd period**  
**NSCAS ELA:** 8:30AM - Grade 6 **NSCAS MATH:** 8:30AM - Grade 5  
Freeman JH Track Invite @ Adams - 10AM - Bus leaves @ 8:45AM - schedule on back  
TRACK PRACTICE after school

**Thursday  
April 22**

Breakfast: Tornados  
Lunch: Fried Chicken, Corn on the Cob  
**RSH - 4th period**  
**NSCAS MATH:** Session 1: Periods 1-2 - Grades 7-8, Session 2 (if needed): Period 6 - Grades 7-8  
District Music Contest @ JCC - Van leaves @ 11:50AM  
FFA Banquet in the cafeteria - 6:30PM  
TRACK PRACTICE after school

**Friday  
April 23**

Breakfast: Yogurt  
Lunch: Chicken Nuggets, Mashed Potatoes w/ Gravy  
**MAP GROWTH MATH:** Periods 2-4 - Grades 9-11 **MAP GROWTH LA:** Periods 6-7 - Grades 9-11  
Guest Speaker Julia Cook from 8AM-12PM - Grades K-6  
TRACK PRACTICE after school

**Saturday  
April 24**

MUDECAS HS Track Meet @ Pawnee City - 9AM - Bus leaves @ TBA

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*Side items served with breakfast and lunch - USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER*

**MORE INFO ON BACK**

The yearbook staff needs your help. If you have pictures that you think would make great memories please feel free to use this website!  
<https://wpcgo.yearbookforever.com/9jJOB> The code is: **sterling**.  
These pictures can be of sports, the classroom, friends, or activities. With a simple click you too can make your memories last a lifetime.

Do you have BOARD GAMES at home collecting dust?  
Problem solved...we're taking donations for our TeamMates mentoring program! If you're willing to rehome your gently used board games, drop them off at the school office.  
Thank you in advance for your generosity!



**MUDECAS JH TRACK  
@ TRI-COUNTY 4/17/21**

**9AM FIELD EVENTS**

Boys Shot Put followed by Girls Shot Put  
Girls Discus followed by Boys Discus  
Girls High Jump followed by Boys High Jump  
Boys Pole Vault followed by Girls Pole Vault  
Boys Long Jump followed by Girls Long Jump  
Girls Triple Jump followed by Boys Triple Jump

**11:30 Running Events**

Girls	3200 Meter Relay	Finals
Boys	3200 Meter Relay	Finals
Girls	100 Meter Hurdles (30")	Prelims
Boys	100 Meter Hurdles (33")	Prelims
Girls	100 Meter Dash	Prelims
Boys	100 Meter Dash	Prelims
Girls	400 Meter Dash	Finals
Boys	400 Meter Dash	Finals
Girls	1600 Meter Run	Finals
Boys	1600 Meter Run	Finals
Girls	200 Meter Dash	Prelims
Boys	200 Meter Dash	Prelims

**Break (30-40 minutes)**

Girls	100 Meter Hurdles (30")	Finals
Boys	100 Meter Hurdles (33")	Finals
Girls	100 Meter Dash	Finals
Boys	100 Meter Dash	Finals
Girls	800 Meter Run	Finals
Boys	800 Meter Run	Finals
Girls	200 Meter Hurdles (30")	Finals
Boys	200 Meter Hurdles (33")	Finals
Girls	200 Meter Dash	Finals
Boys	200 Meter Dash	Finals
Girls	400 Meter Relay	Finals
Boys	400 Meter Relay	Finals
Girls	1600 Meter Relay	Finals
Boys	1600 Meter Relay	Finals

**FREEMAN JH INVITE  
@ ADAMS - 4/21**

**10AM Field Events**

Girls Shot followed by Boys Shot  
Boys Discus followed by Girls Discus  
Girls Long Jump Followed by Boys Long Jump  
Boys Triple Jump Followed by Girls Triple Jump  
Girls High Jump Followed by Boys High Jump

**12PM Running Events (Girls Followed by Boys)**

3200 Meter Relay	Finals
100/110 Meter Hurdles	Finals
100 Meter Dash	Finals
400 Meter Dash	Finals
1600 Meter Run	Finals
200 Meter Dash	Finals
800 Meter Run	Finals
300 Meter Hurdles	Finals
400 Meter Relay	Finals
1600 Meter Relay	Finals

**PROM NIGHT SCHEDULE:**

**Saturday April 17, 2021**

**5:00 Promenade outside  
frontdoors of Community Center**

(Parents and Community please park along street)  
\*Juniors/Seniors will line up their cars in front of the school\*

**5:00-5:50 Open to the public to  
take pictures  
5:55 Coronation**

**6:00 Doors lock and closed to  
public/Dinner Begins  
(No entrance after 6 PM)  
7:00-11:00 DANCE!**

**IRISH HS INVITE  
@ Syracuse 4/20/21**

**FIELD EVENTS 9:30AM**

**SERIES I**

Boys Discus  
Girls Shot  
Boys High Jump  
Boys Long Jump  
Girls Triple Jump  
Girls Pole Vault

**SERIES II**

Girls Discus  
Boys Shot  
Girls High Jump  
Boys Triple Jump  
Girls Long Jump  
Boys Pole Vault

**RUNNING EVENTS 12:30PM**

3200 Meter Relay Girls Finals  
3200 Meter Relay Boys Finals  
100 Meter Hurdles Girls Prelims  
110 Meter Hurdles Boys Prelims  
100 Meter Dash Girls Prelims  
100 Meter Dash Boys Prelims  
400 Meter Dash Girls Finals  
400 Meter Dash Boys Finals  
3200 Meter Run Girls Finals  
3200 Meter Run Boys Finals  
200 Meter Dash Girls Prelims  
200 Meter Dash Boys Prelims  
**—BREAK— LENGTH OF TIME: TBA**  
100 Meter Hurdles Girls Finals  
110 Meter Hurdles Boys Finals  
100 Meter Dash Girls Finals  
100 Meter Dash Boys Finals  
800 Meter Run Girls Finals  
800 Meter Run Boys Finals  
300 Meter Low Hurdles Girls Finals  
300 Meter Int. Hurdles Boys Finals  
200 Meter Dash Girls Finals  
200 Meter Dash Boys Finals  
1600 Meter Run Girls Finals  
1600 Meter Run Boys Finals  
400 Meter Relay Girls Finals  
400 Meter Relay Boys Finals  
1600 Meter Relay Girls Finals  
1600 Meter Relay Boys Finals