

STERLING PUBLIC SCHOOLS - WEEKLY BULLETIN: Sept 17-Oct 1, 2022

**Saturday
September 24** Freeman JH VB Tournament - 9AM - Van leaves @ 9AM - bracket on back
Elementary Flag Football - 10-11AM at the Game Field

**Sunday
September 25** Trapshooting Meeting @ 2PM in the cafeteria
NHS Fall Trash Pick-Up @ 6:30PM - Meet at Hancock's

**Monday
September 26** Breakfast: French Toast, Sausage Link, Hard Boiled Egg, Fruit/Juice
Lunch: Chicken Bowl w/ Corn, Mashed Potatoes, & Gravy
RSH - 1st period
JH VB vs. Johnson-Brock - HOME - 2:30PM
JH FB vs. Parkview Christian - HOME - 5PM
JV VB Triangular (PC/JCC) @ Pawnee City - 5:30/6:30PM - Van leaves @ 4PM
FOOTBALL PRACTICE 4-6PM

**Tuesday
September 27** Breakfast: Yogurt, Bacon, English Muffin, Fruit/Juice
PICNIC DAY: Lunch Meat Sandwich on Bread, Carrots, Banana/Cutie, Sugar Cookie
RSH - 8th period
FOOTBALL PRACTICE 4-6PM
HS VB vs. Dorchester (JV,V) - HOME - 6PM - Parents Night - Parents be here by 6:15PM
Elementary Cheer Event during the VB game - be here by 6:30PM - Wear your cheer shirts

**Wednesday
September 28** Breakfast: Cheese Omelet, Sausage Patty, Potato Patty, Fruit/Juice
Lunch: Macaroni & Cheese, Ham, Salad Bar, Fruit
RSH - 7th period
Midwest Grads meet with Sophomores & Seniors - 9:15AM
FOOTBALL PRACTICE 4-6PM
VOLLEYBALL PRACTICE 4-6PM
CHEER PRACTICE TBA

**Thursday
September 29** Breakfast: Egg Patty, Toast w/ PB&J, Cheese Stick, Fruit/Juice
Lunch: Meatloaf, Mashed Potatoes w/ Gravy, Green Beans, Salad, Fruit
RSH - 6th period
Apply 2College Event - Seniors
FOOTBALL PRACTICE 4-6PM
HS VB @ FCSH (JV,V) - 5:30PM - Bus leaves @ 3:20PM

**Friday
September 30** Breakfast: Scrambled Eggs, Diced Ham, Cereal, Fruit/Juice
Lunch: Spaghetti w/ Meat Sauce, Garlic Bread Sticks or Bread, Sliced Carrots, Fruit
RSH - 5th period
VOLLEYBALL PRACTICE 4PM
HS FB @ Dorchester - 3PM - Bus leaves @ 12:15PM
Cheerleaders leave @ 1:30PM

**Saturday
October 1** Fort Calhoun HS VB Invite - 9AM - Bus leaves @ TBA
Harvest of Harmony Parade - Bus leaves @ 7:30AM
Dorchester JH VB Tournament - 9AM - Van leaves @ 8:15AM - schedule on back
Elementary Flag Football - 10-11AM at the Game Field

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

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!!!](#)

**STERLING JUNIOR JET SPIRIT CAMP
PERFORMANCE DATES**

September 27 during VARSITY VOLLEYBALL
October 7 during HALFTIME of FOOTBALL

SCHOOL PICTURE RETAKES

October 25 @ 8AM

SEPTEMBER 27 - VB CONCESSIONS

Boys Basketball Team

OCTOBER 6 - VB CONCESSIONS

HS Student Council

OCTOBER 7 - FB CONCESSIONS

Volleyball Team

OCTOBER 14 - FB CONCESSIONS

Freshman Class

OCTOBER 18 - VB CONCESSIONS

Junior Class

OCTOBER 21 - VB CONCESSIONS

Music Members

Extended JH Practice Schedule

(dates are subject to change)

VB Practice until 4:15PM

FB Practice until 4:30PM

September 27

September 29

October 4

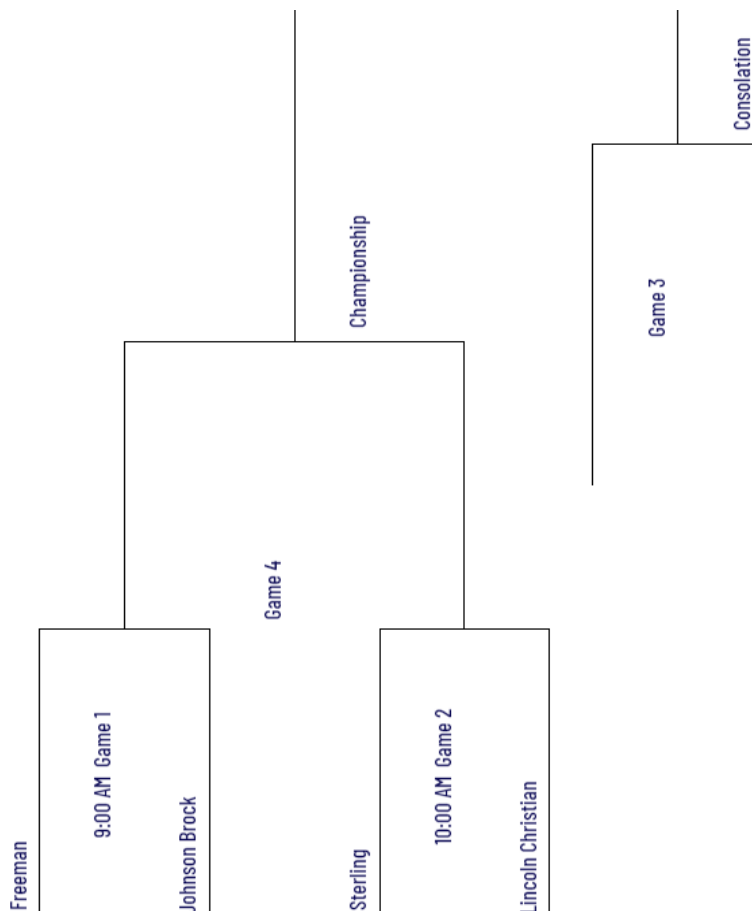
October 6

October 7 - FB only

October 11

FREEMAN JH VB TOURNAMENT - SOUTH GYM

9/24/2022



DORCHESTER JH VB TOURN

POOL A - MAIN GYM

9AM - Dorchester vs. Meridian

10AM - Meridian vs. Sterling

11AM - Sterling vs. Dorchester

12PM - 3rd & 4th Place

1PM - Championship