

STERLING PUBLIC SCHOOLS - WEEKLY BULLETIN: Sept 23-30, 2023

HOMECOMING WEEK - dress up days on back

**Saturday
September 23** Flag Football (Grades 1-6) from 10-11AM - Game Field
Freeman JH VB Tournament @ Adams - 9AM - Van leaves @ 8AM - bracket on back
Palmyra VB Quad (Varsity Only) - 9AM - Vans leave @ 7:30AM - schedule on back

**Monday
September 25** Breakfast: Ham Patty, Fried Egg, Peaches, Milk
Lunch: Chili, Cinnamon Roll, Apples, Salad Bar
RSH - 8th period
JH VB @ Johnson-Brock - 4PM - Vans leave @ 2:30PM
JH/JV FB @ Parkview Christian - 4:30/5:45PM - Bus leaves @ 2:30PM
FOOTBALL PRACTICE 4-6PM
JV VB Triangular @ JCC (JCC/PC) - 6/7PM - Van leaves @ 5PM

**Tuesday
September 26** Breakfast: Biscuits & Gravy, Egg Patty, Apples, Milk
Lunch: Pork Ribs, Corn, Kiwi, Salad Bar
RSH - 7th period
FOOTBALL PRACTICE 4-6PM
VB @ Dorchester (V) - 6PM - Bus leaves @ 4PM

**Wednesday
September 27** Breakfast: Breakfast Pizza, Yogurt, Pineapple, Milk
Lunch: Cheeseburger, Fries, Tropical Fruit, Salad Bar
RSH - 6th period
3rd & 4th Grade Field Trip to Pawnee City - Bus leaves @ 8:45AM
FOOTBALL PRACTICE 4-6PM
VOLLEYBALL PRACTICE 4-6PM

**Thursday
September 28** Breakfast: Tornados, Hash Brown Patty, Mandarin Oranges, Milk
Lunch: First Grade Pick - Chicken Nuggets, Fries, Salad Bar
RSH - 5th period
FFA Fundraiser Ends
Midwest Grads (Grades 10 & 12) 10:30AM
FOOTBALL PRACTICE 4-6PM
VB vs. FCSH (JV,V) - HOME - 5:30PM - PARENTS NIGHT - Parents be here by 5:45PM

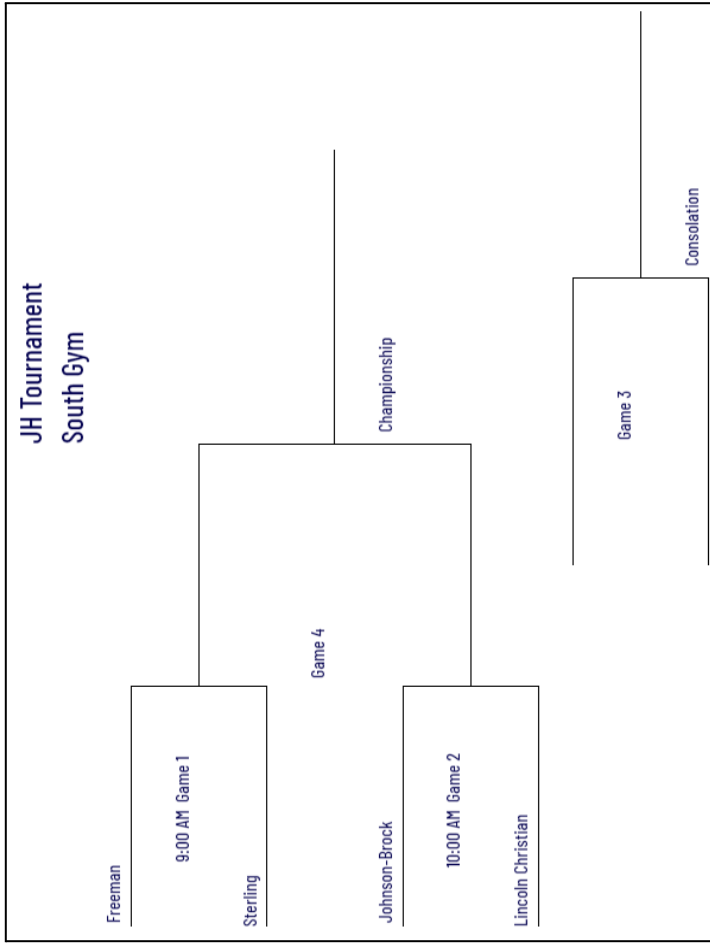
**Friday
September 29** Breakfast: Scrambled Eggs w/ Cheese, Ham, Mixed Fruit, Milk
Lunch: Biscuits & Gravy, Scrambled Eggs, Salad Bar
RSH - 4th period
Homecoming Parade - 2PM - Pep Rally @ FB Field - 2:30PM - Public is welcome to attend both!
FB vs. Dorchester - 7PM - Coronation after Football Game - Dance to follow at CB until 11:45PM
VOLLEYBALL PRACTICE 6-7:45AM

**Saturday
September 30** Flag Football (Grades 1-6) from 10-11AM - Game Field
Dorchester JH VB Tournament - 9AM - Van leaves @ 8AM - schedule below

*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!!](#)

DORCHESTER JH VB TOURNAMENT	
Pool A-Main Gym	Pool B-Multi-Purpose Room
9:00 Dorchester vs. C.C.	9:00 EMF vs Meridian
10:00 C.C. vs. Sterling	10:00 Meridian vs Hampton
11:00 Sterling vs. Dorchester	11:00 Hampton vs EMF
12:00 Third and Fourth Place	12:00 Fifth and Sixth Place
1:00 CHAMPIONSHIP - MAIN GYM	

Freeman JH VB Tournament - 9/23/23



Palmyra VB Quad - 9/23/23

Varsity - High School West Gym
 9AM - Palmyra vs Sterling
 10AM - Wilber-Clatonia vs Sandy Creek
 11AM - Palmyra vs Sandy Creek
 12PM - Sterling vs Wilber-Clatonia
 1PM - Sandy Creek vs Sterling
 2PM - Palmyra vs Wilber-Clatonia

JH Extended Practices

VB - Practice until 4:15 PM
 FB - Practice until 4:30 PM

September 26
 September 28

October 3
 October 5
 October 17 - VB Only

All of the above dates are subject to change if conditions warrant.

Monday:
 Grades PreK-5: Mismatch
 Grades 6-12: Fake Injury

Tuesday:
 Grades PreK-5: Favorite Team
 Grades 6-12: Write it Off

Wednesday:
 Grades PreK-5: USA (Red, White, & Blue)
 Grades 6-12: Black Tie

Thursday:
 Grade Pre-K: Inside Out Day
 Grades K-5: It's a Great Day to be a Jet T-Shirt
 Grades 6-12: Country vs. City

Friday:
 Grades PreK-12: Jet PRIDE!
 Maroon, Gold, & White