



Citadel Middle School

Friday, October 9th

Tomorrow is World Mental Health Day. World Mental Health Day is a global observance that highlights mental health as a universal human right and calls for action to ensure everyone can access quality care. It draws attention to the reality that one in eight people live with a mental health condition, often facing stigma, discrimination, and inadequate treatment. The day serves as a platform to raise awareness, confront systemic barriers, and promote inclusion, dignity, and community-based support worldwide.

Art-If you are interested in drawing and you would like to have a space to hang out during lunch on Fridays, please come to Mrs. Oliver's room, room 208, beginning today at 12:30. You are welcome to bring your own drawing books and supplies, or I can have some paper and pencils waiting for you.

Cubing Club-If you are interested in Rubik's cubes, there will be a cubing club at lunch, on Wednesdays, in Mrs. Oliver's room. All skill levels are welcomed! People can help beginners, may host competitions and have fun! Bring your cubes, beginning next Wednesday, at 12:30. See you there!

Foosball-Today is the first day of the Citadel Foosball tournament. Mr. Arthur will come on the PA before lunch to announce the teams that will be competing.