SAULT AREA HIGH SCHOOL

AND

CAREER CENTER

**Thursday, April 30, 2015**

**PLEDGE**

**Hey Soo High!** Need some workout motivation and don’t want the commitment of a sport? Join the Sault High Running Club! Beginning Monday, May 4th, the running group will meet at 3:15 pm in the commons by the cross-country trophies. The courses being run will vary every day and you can run at any pace you’d like. Contact Cameron Jenkins if you have any questions.

**Graduation Seating:** Seniors, if your family is in need of reserved seating for graduation for those who are unable to climb the bleachers, please have a parent contact Mrs. Pietrangelo in the main office at 635-3839 ext. 5817 before May 20th. Don’t delay as reserved seating on the gym floor is very limited.

**Varsity Blues**: is having another blowout sale. They are offering hockey, football, track & field, and volleyball apparel for a very low price. So come on down and get your Sault High apparel before we close on May 15th!

Lunch: Beef Nachos, Crispy Whole Grain Chips, Chicken Sandwich, Specialty Salad with Roll, Whole Grain Deli Wrap

Sides: Refried Beans, Lettuce & Tomato, Banana