

# WWH 10/25

Made by the Connections Committee

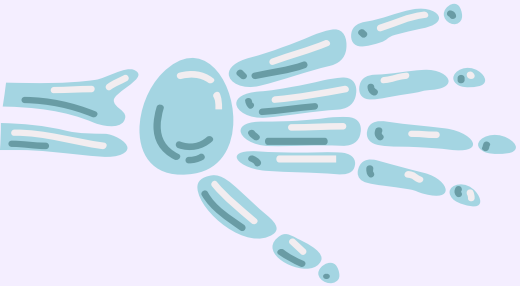


## THE SCIENCE OF JOY

Exploring Dopamine and  
Natural Highs



Check out today's Natural High video for Red Ribbon Week and then see ASB at lunch to take a photo sharing your natural high!

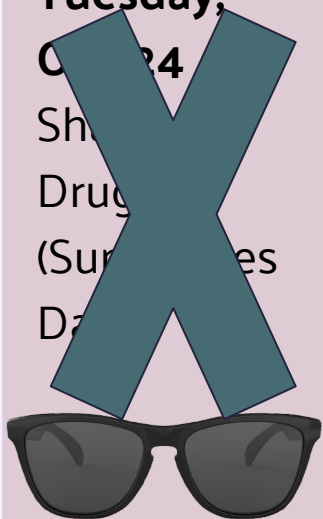


# Red Ribbon Week (October 23-27)

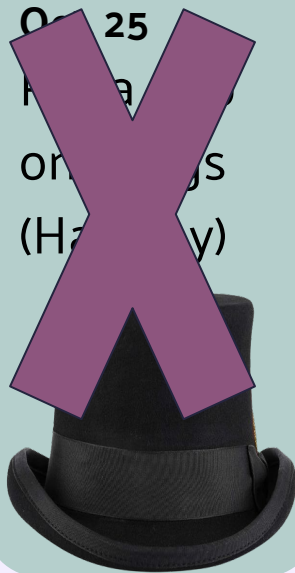
**Monday,  
Oct. 23**



**Tuesday,  
Oct. 24**



**Wednesday,  
Oct. 25**



**Thursday, Oct.  
26**

Be Healthy  
Day/ Favorite  
athlete  
(Sportswear;  
jersey/ team  
merch)



**Friday,  
Oct. 27**

Wear Red  
Day



# Red Ribbon Week Door Decorating Homeroom Contest Oct 23 - 27

This year's theme:

Be Kind to Your Mind. Live Drug Free.

Judging will take place on Friday, October 27.

See Ms. Main in B125 if you need extra art  
supplies.



# Upcoming Halloween Costume Contest!



Complete [this form](#) to sign up for the PTMS Halloween Costume Contest! Contestants will receive a follow up email with reminders of the "Dos" (things you can/should do) and "Boos" (things that are not allowed) for the contest, as well as instructions for the day of the contest! Good luck!!



## Categories:

- Scariest
- Silliest
- Best Group
- Best Overall
- Best Homemade



**The San Diego County Air Pollution Control District calls all student artists**

in San Diego County to participate in their 2024 Annual Student Art Contest! Students are encouraged to submit their original artwork representing the importance of **clean air for all** in their communities and ways we can all reduce air pollution. Contest winners will have their artwork featured in our 2024 calendar!

To submit an entry, please see their [website](#).



**Oct. 27  
Deadline**

2024 Student  
Calendar Art  
Contest

**Contest**





# Food Drive

PTMS is holding a food drive November 1st through November 17th.

This year, we are supporting 92130 Cares. They are a nonprofit organization whose mission is to share resources, make meaningful connections, and spread neighborly love!

Ask your homeroom teacher what your assigned item is so you can start bringing in donations starting next Wed! No glass containers please.

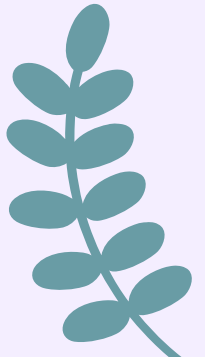
PACIFIC TRAILS MIDDLE SCHOOL

# CHESS CLUB

**JOIN  
TODAY!**



Club meets every  
Thursday at 8th grade lunch in room  
B119  
Google Classroom: vgti4ss





# Happy Birthday!!!

Witman Pang, Deniz Acar, Patrick Tracey, Olive Yassin, Ottavia Jabro, YoonYoung Lee, Mateen Bahador, Silas Rostami, Marcus Lee, Geffen Partin, Jack Destefano, Anushka Tongle, Ethan McLaren, Adam Jackson, Isabella Chen, Ashwin Kalla, Dylan Canales, Vance Dunning, Lainey Rall, Woojeann Choi, Nicholas Choi, Ethan Kim, Yunos Qadiri, Charles Koundakjian, and Cyra Su!!!!





Join the Wolfpack  
Connections Google  
Classroom!

Join code: ymp3tzl

Follow us on Instagram:  
@ptms.asb



# Thanks!

Do you have any questions?

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