

**Beginning**

Good Morning! This is Alexis coming to you from the WSTM LIVE Studio!  
Today is Thursday, February 14, 2019.

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Good morning! This is Henry with your announcements for today. The affirmation for today is: I am relaxed.

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Thank You, to Ms. Cannady and the members of her Builders Club for providing these wonderful pins and spreading the LOVE today.

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From Mr. Frazier & Ms. Fernandez: Attention 7th graders, we are cancelling Stick For A Buck, during your lunch today. Tomorrow during your arrival in the gym, we will continue collecting a dollar donation for a piece of duct tape. We will stick Mr. Frazier to the wall during your lunch tomorrow. Friday the 15th.

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It is Mindful Thursday, Let's take a moment to relax and complete today's Mindfulness activity.

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That's it for today: Have a Happy Valentine's Day Silver Trail!!!

