

WILLOWS INTERMEDIATE SCHOOL BULLETIN

[WUSD - Willows Intermediate School - Home \(willows.unified.org\)](http://willows.unified.org)

May 11, 2026- B DAY May 12, 2026- A DAY

May 13, 2026- B DAY May 14, 2026- A DAY

May 15, 2026- B DAY

Events:

Pre-order your yearbook now for \$40 at the office.

Mental Health Week:

Mellow Monday- Wear your pjs to relieve stress and help lower cortisol levels

During lunch: Thought Check in: "What's one word for how you feel? Put it in a sticky note and put it on the Feeling Wall.

Team Tuesday- Team up against stress and dress in your favorite team gear to remember you aren't alone.

During lunch: Write things you're thankful for.

Wear Green Wednesday- Green represents the green light to reach out for help if needed.

During lunch: "Don't move" challenge

Hats off Thursday- Hats off to a week acknowledging the importance of student mental health.

During lunch: Coloring and Play-Doh

Crocks, Socks, and Birkenstocks Friday- Stomp out the mental health stigma.

During lunch- Friendship bracelets or building Legos!

8th Graders:

Students vs. Staff Basketball sign ups are in the office for any 8th grader who played basketball this season.

It is time to pick your group for the trip to Sunsplash. Neatly write the first and last name of each person you would like in your group on white lined paper. Make sure your name does NOT appear on more than one list, or I will have to decide which group you will be in. I need all lists by Thursday, May 14th. If your name is not on a list, I will put you in a group. Thank you! -Mrs. Abold

Clubs:

Science Club will be on Fridays in Room 404.

Ballet Folklórico Dance Club practices are on Thursdays from 2:45 to 3:45 in Room 407.

Sports:

Mon 5/11 - 7th & 8th Grade Track Team will travel to Orland for their final meet of the season. Please excuse the team at 12pm to change and pick up their lunch in the office.

Fri 5/15 - Otter Pops for sale! Get your nice cool otter pop for \$1 on this hot day and support athletics at WIS.

BREAKFAST AND LUNCH MENU:

<p>11 Ham & Cheese Bagel* Benefit Bar Parfait*</p>	<p>12 Sheet Pancake with Sausage Patty* Cereal Parfait*</p>	<p>13 Breakfast Burrito* Buttermilk Bar Parfait*</p>	<p>14 French Toast Sticks with Links* WUSD Muffin Parfait*</p>	<p>15 Sausage, Egg & Cheese Croissant* Mini Donuts Parfait*</p>
<p>11 Hamburger* Turkey & Cheese Sub*</p>	<p>12 Carne Asada Torta* Corn Dog</p>	<p>13 Mac & Cheese* Italian Sub*</p>	<p>14 Baked Chicken with Dinner Roll* Grilled Cheese*</p>	<p>15 Papa Murphy's Pizza Chicken Nuggets with Breadstick</p>

All students are able to receive one free breakfast and lunch each day. Please take advantage of the free meals WUSD has to offer. All menus are subject to change. All lunches are served with a choice of entrée, salad bar, fruit or juice, crackers, milk, and select condiments.