

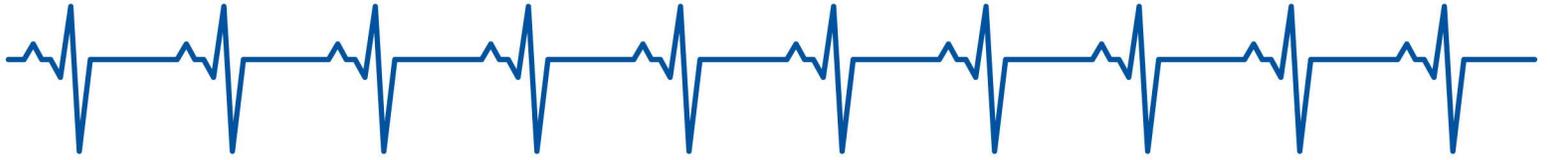


The Patriot Pulse



Tri-Village Local Schools

Issue 2 - 2023



WOAC Champions District Honors



Rylee Sagester
WOAC Player of the Year
District 9 DIV Player of the Year



Morgan Hunt & Tori Richards
District 9 DIV 1st Team



8th Grade



Dalton Delong, Justin Finkbine, Wilson Suggs
District 9 DIV 1st Team



BRAD GRAY
WOAC COACH OF THE YEAR



WOAC Honors

Sagester 1st Team Hunt 1st Team Richards 1st Team Hager 2nd Team Black 2nd Team Delong Special Mention



8th Grade



Justin Finkbine 1st Team Wilson Suggs 1st Team Dalton Delong 2nd Team Trey Sagester Special Mention



7th Grade



Order forms are available to pick up at the district or high school office. Or you can print off at www.tri-village.k12.oh.us.

*** A digital picture of this Veteran must be emailed to heather_stump@tri-village.k12.oh.us in order to produce this banner



The cost is \$200, which includes a banner and two brackets. If paying by check, please make it payable to Tri-Village National Honor Society. This order form and money must be turned into the main office of Tri-Village before or by March 3, 2023. If you have any questions or concerns, please contact Heather Stump at heather_stump@tri-village.k12.oh.us

Wellness Center - Saturday Classes

Saturday Classes – Remember you must be a member of the Wellness Center in order to participate in these classes.

Wellness Center \$75.00 per person per year. You must be over the age of 21, no kids under the age of 21 are permitted in the Wellness Center. In addition to the PAC yearly membership fee, the cost is \$10.00 per class for community members. The circuit class is currently limited to 25 participants, the fusion class is open as of now.

Fusion Fitness 8:00am -9:00am

Fusion Fitness is a combination of elements of pilates, yoga, and plyometrics, that uses body weight only to challenge participants. The goal of this class is to effectively burn calories, while simultaneously stretching and strengthening the body. The class will be sequenced in a manner that will allow for participants of all fitness levels to effectively engage, and will show regressions and progressions for the moves. The format of the class will require participants to bring a yoga mat and wear sturdy shoes, and be approximately 45 minutes in length. PLEASE ARRIVE BY 8 A.M.

Circuit Blast – 9:15am -10:00am (Limited to 25 members)

This class utilizes the state of the art equipment in the wellness center and combines it with cardio blasts to create a workout that burns calories and builds strength by alternating bursts of cardio movement and timed strength movements. This will be a total body workout, of various intensities and impact, and approximately 45 minutes in length. PLEASE ARRIVE BY 9A.M.

We're using SignUp (the leading online SignUp and reminder tool) to organize our upcoming SignUps.

Here's how it works in 3 easy steps:

Click this link to see our SignUp on SignUp:

1. (Circuit Class link) <https://signup.com/go/hNcenFX>
2. (Fusion Class link) <https://signup.com/go/pCtBHGS>

Review the options listed and choose the spot(s) you like. Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp. *Please contact the District Office if you have any questions 937-996-6261.*

Coming soon..... The Patriot Smoothie Station!

Beginning March 7, smoothies will be available to staff and students on **Tuesdays and Thursdays** during all lunch periods. **Smoothies will not be available on Kona Ice days.

Smoothies are \$1/cup and must be purchased ala cart **with exact change**. Lunch accounts **cannot** be used to purchase smoothies.

Students who purchase a smoothie cup from the cafeteria line can have their cup filled by Mrs. Towery at the Smoothie Station in the Commons (after they finish eating their meal.)

6th grade through HS, and teachers can purchase a smoothie directly from Mrs. Towery at the Smoothie Station.

Smoothie recipes are available on our website under the cafeteria tab. Please review the recipes for any possible allergies before allowing your child to purchase. Only one type of smoothie will be offered at a time and will be posted on the cafeteria's monthly menu.



Kindergarten Registration Opens March 1, 2023

Please visit https://www.tri-village.k12.oh.us/tri-villageelementary_school_home.aspx for the complete steps on how to register for kindergarten using final forms and what paperwork you will need to bring into the Board Office. All Registration will be done in the District Office in the Patriot Activity Center. Please call 937-996-6261 if you have any questions.