

Subject: Spirit of Jupiter Rehearsal THIS Saturday May 13!

Our first LONG Spirit of Jupiter rehearsal is this Saturday, May 13 from 1:00 PM to 9:00 PM.

Students WILL be outside, so be sure to **WEAR SUNSCREEN!** Eat a healthy meal before you arrive at school. Do NOT eat high sugar content foods, milk or other dairy products before rehearsals.

Students should WEAR:

- White t-shirt
- Green (instrumentalists) or Black (color guard) shorts
- Comfortable sneakers and socks (no high tops, sandals, flip flops, etc.)
- Hat and/or sunglasses
- **SUNSCREEN**

Students should BRING:

- Your instrument.
- 3-ring notebook binder with sheet protectors AND PENCIL for music.
- 1-gallon water jug. Please fill your water jug AT HOME; do not plan to fill it at school.
- A healthy dinner. There will be a cooler in the BAND HALLWAY to store lunches. The dinner break will be from 5:00 PM to 6:00 PM. Students are **NOT** permitted to leave campus for dinner.
- Any required medications. Students can leave medications labelled with their name in our medical kit. Per school district policy, students should not be administering their own medications. Contact our Medical person, Susan Taylor, at sflasue@bellsouth.net for more information.

GET PREPARED THIS WEEK

Students should get ready this week for the weather this Saturday!

- Drink LOTS of extra water so you stay hydrated throughout the week.
- Get outdoors and do some physical activity to get used the heat and get yourself into better cardio-vascular shape - don't forget to wear sunscreen and a hat!

VOLUNTEERS ARE NEEDED

When we have rehearsals, we need volunteers! Please SIGN UP ahead of time so we know we have parent coverage. This is ESPECIALLY important when the students are outside rehearsing. Time slots for Saturday are:

1:00 PM - 3:30 PM

3:30 PM - 6:00 PM

6:00 PM - 9:00 PM

We will have a SignUpGenius link available soon for upcoming rehearsals. Watch your email for information on how to sign up.

We are also looking for an Assistant Spirit Volunteer Coordinator! This person would assist and shadow our current Spirit Volunteer Coordinator, Susan Taylor, to learn what needs to be done at

rehearsals and band camps. Susan is the parent of a SENIOR this coming year, and we need to train a replacement for her!

Please contact Susan Taylor at sflasue@bellsouth.net or 561-628-7402 with any questions or to volunteer this Saturday.

PAYMENT DUE

The second Fair Share payment (\$200.00) is due this Saturday. Make sure your student's name is on your check. All checks should be placed in the Fair Share box - this is the white mailbox mounted on the wall just outside the tuba/uniform room. It says "Fair Share" on the box.

MEDICAL KIT DONATIONS NEEDED

We are in need of the following for our medical kit:

- Midol
- Anti-diarrheal medicine (Immodium)
- Anti-itch medicine (Benadryl liquid or pills)
- Anti-itch cream
- Advil (Ibuprofen)
- Upset stomach medicine (Pepto-Bismol)

Donations can be dropped off in the band kitchen.

PAPERWORK OVERDUE

Please watch your emails for Spirit of Jupiter paperwork that is still due and turn in any missing forms as soon as possible. Forms should be turned in to the grey metal drawer just inside and to the left of the band room entry doors.