



Panther Pause

January 27, 2012
Sunset 6:00p

Jan 27

- 11:30a Chapel, Schmidt Auditorium
- 3:30p View FLA Dorm Registration
- 7:30p Vespers, Campus Chapel

Jan 28

No On Campus Worship Services

Jan 29

- 12:30p View FLA Registration, Gym Lobby
- 1:30p View FLA Class Fair & Contests
- 3:45p View FLA Parent Meeting

No School Friday, Feb 3

Classes Resume Monday, Feb 6

FROM THE MUSIC DEPARTMENT

Band meets at 5:00 pm this Sunday to play for View FLA. Strings meet at 10:15 am Monday to play for View FLA.

DRIVER'S CLASS

Classes begin Sunday, February 12, at FLA, second session Sunday, February 19, and third and final session is on Sunday, February 26.

All sessions are from 10am to 2pm in the Green Room

Register Now 407-324-2400

Eligible Students 14 1/2 years of age for Classroom Course and 15 years to take Learners License Exam

A NOTE FROM THE NURSE...

RUNNY NOSE, sneezing, chest congestion or cough: Take medications FROM HOME before coming to school in the morning. The nurse WILL NOT give 'cold and flu' medications to community students. STAY HOME IF YOU ARE SICK!!!

TIPS to care for and prevent sickness:

Wash your hands frequently

Cough & sneeze into tissues – sanitize

Keep your distance from sick friends

Push fluids and stay well hydrated

Reduce sugar intake

Take your vitamins

Tylenol/Advil for fever, aches, and headache

CITRUS ORDER

Last chance for citrus this school year! Forest Lake Academy is again offering Golden Harvest citrus fruit by the box and 1/2 box. Temple Orange and Ruby Red Grapefruit orders must be received by **February 13, 2012**, with delivery available for pick-up at the academy **February 17 & 18 from 3:00 to 5:30 pm**. Profits benefit the Senior, Junior, Sophomore and Freshmen Classes. For pricing or more information, see any academy student or call the academy at [407-862-8411](tel:407-862-8411) during business hours. (Due to low numbers of orders the January delivery was canceled; our apology for this inconvenience.)

CAFÉ MENU Jan 29 – Feb 2

Sunday: View FLA Picnic Supper

Monday: *Lunch-* Swiss Steak,
Mashed Potatoes, California Vegetables

Dinner- Chef Special

Tuesday: Lunch - Scallops, Lo Mein, Fried
Rice, Egg Rolls, Broccoli

*Dinner -*Corn Dogs, Baked Beans,
Scalloped Potatoes, Carrots

Wednesday: *Lunch -* Baked Ziti, Ravioli,
Breadstick, Spinach

Dinner - Subs, Grilled Cheese
Sandwiches, French Fries, Tomato Soup, Corn

Thursday: *Lunch -* Focaccia Pizza, Spaghetti w/
Marinara, Key West Vegetables