
WEEKLY UPDATE: Feb. 9-13

1 message

'Tina Holt' via **Students MS** <students_ms@my.graystoneday.org>

Fri, Feb 6, 2026 at 4:06 PM

Reply-To: Tina Holt <tholt@graystoneday.org>

To: Staff MS <staff_ms@graystoneday.org>, Students MS <students_ms@my.graystoneday.org>, Parents MS <parents_ms@graystoneday.org>

VALENTINES:



DODGEBALL TOURNAMENT:



COOKIE CONTEST:



Sign-Ups for the Middle School Beta Club Valentines Day Cookie Decorating Contest are now open! Below is the Google Form where you and 2-5 people can sign up for this event. Make sure you know your team members and confirm all allergies that you and your teammates may have. Please sign up and pay the \$15 fee to Mrs. A. Plyler (Room 802) by February 6th.

***All supplies are covered by the original \$15 registration fee such as cookies, frostings, sprinkles and all other cookie decorating materials!**

[Sign Up Link](#)

SPORTS PHYSICALS:

Each student-athlete will receive the following free services from our team of expert providers:

- Review of medical history
- General wellness sports screening for heart and blood pressure
- Electrocardiogram (ECG). This is a heart screening for sudden cardiac death to detect health risks before they become issues.
- Echocardiogram (ECHO) to be scheduled if needed
- Orthopedic screening (nonconsolidated exam)
- Vision exam
- Registered Dietitian
- Hands-Only CPR training

Please register using the link or QR code between February 2nd and April 10th!

[REGISTER HERE](#)

Please note:
This event is screening for school sports—not a complete physical—and does not replace the annual physical with your doctor.
Click here to [LEARN MORE](#)
or visit atriumhealth.org/heart-of-a-champion

 OFFICIAL PARTNER OF THE CAROLINA PANTHERS

LUNCH:

February 9-13

Monday: Pasta (Meat or Alfredo Sauce), Garlic Bread, Salad Bar

Tuesday: Hamburgers, Green Beans, Salad Bar

Wednesday: Beef or Chicken Tacos, Salad Bar


Thursday: Beef Tips, Mashed Potatoes, Salad Bar

Friday: **Teacher Workday**

Middle School Skate Night:



THE LANCE:

<p>HELP ★ WANTED ★</p> <p>ATHLETIC CONCESSIONS: YOU ENTER, WE HELP</p>  <p>COMMITTEE CHAIRS: Friday Drink Sales: Shannon Lockhart 704-706-2644 Katie Combs Kim Morgan 704-661-0411 Kerri Lee 910-285-0554 Teacher Appreciation Committee: Alison Hagan 910-661-0512 Social Committee: Courtney Harrell 704-661-4108 Ashley Hightower 704-661-2852 Shay Hahn Catherine Danielle Holt 704-661-2719 Sally Taylor 704-661-2392</p> <p>CONTACT US: graystonelance@gmail.com</p>	<p>GRAY STONE DAY SCHOOL LANCE</p> <p>NEXT MEETING FEBRUARY 4 AT 6:30 PM IN THE COMMONS</p> <p>SAVE THE DATE</p> <p>8TH GRADE DANCE Saturday March 21st</p> <p>UPDATE FRIDAY DRINK SALES ALL DRINKS WILL BE REDUCING TO \$2 EACH <small>THIS IS A LIMITED TIME OFFER</small></p>
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CONTACT US AT GRAYSTONELANCE@GMAIL.COM

The Knightly Times

VOL. 3 - No. 3 2025-2026 SCHOOL YEAR February 2025

LANCE NEWSLETTER

LANCE IN ACTION


		
Middle School Water Celebration	Senior Rally New Year	Teacher Appreciation Holiday Staff Luncheon

Events for the Year

2025-2026
Lance General Meeting: Wednesday Feb 4th at 6:30 in the Commons.
Men's Football: February 19th-20th
PE Day: 2/24 (no school) and 2/25 (no school)
MS Grade Dance: Saturday March 21st
Teacher Appreciation Week: 3/4-3/10/25
Lunch and Learn: Teachers 3/10
More information to come!

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Drivers Education:

Students eligible for Drivers Ed, please use this link to register for available sessions  **Drivers Ed.**

Looking Ahead:

- 2/13: Teacher Workday
- 2/16: Presidents Day - **No School**
- 2/17: MS Skate Night
- 2/24: Dodgeball Tournament
- 3/16: Teacher Workday
- 4/2: Early Release - **11:40**
- 4/3 - 4/10: Spring Break

Tina Holt

Middle School Office Manager

GRAY STONE

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