

"Putting yourself out there is hard, but it's so worth it. I don't think anyone who has ever spoken out, or stood up or had a brave moment, has regretted it. It's empowering and confidence-building and inspiring. Not only to other people, but to yourself."

–Megan Rapinoe

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

–Thomas Edison

**WELCOME
TO LMS**

**Stay
Positive**

**Be Brave &
Keep Going**

**Always Be
Kind**

**Just be
YOU**

Join a Club or Sport!



**Shine
Bright**

**Inspire
Others**

Middle School Survival Kit

- Tissue Packet
- Chapstick
- Hair Ties
- Hand Sanitizer
- Band-aids
- Mints
- Cough Drops
- Post-it Notes
- Pencils
- Pens
- Highlighters
- Lotion

**Believe in
Yourself**

**The Best is
Yet to Come**

Quick Tip

Snap a photo of your locker combination