

heart & sole

In preparation for their celebratory Treasure Coast Girls on the Run 5K, Southport's Heart & Sole team participated in a practice 5K on a route around the Southport campus. The coaches chose a very fitting theme, Let the Music Move You, and volunteers hung up displays of lyrics and musical notes all over campus to really motivate the girls.

Heart & Sole is a unique physical activity based program for middle school girls. Coaches teach life skills such as team building and decision making through interactive lessons and running games. The girls learn about themselves through the Heart & Sole girl wheel, cultivate empathy, and build a sense of confidence through their accomplishments.

The celebratory Girls on the Run 5K event will take place on December 8th, 2018. Thank you to all of the staff, parents, and running buddies who have supported these amazing girls this season!



*Congratulations
Employees of the Year*



The City of Port St Lucie is working with local schools on a recycling project to collect 200 pounds of caps to create buddy benches for St. Lucie County school campuses. Once collected, they will send the caps to Green Tree Plastics, based in Evansville, IN, which has created a program designed to fabricate the benches to help educate students about recycling. While Southport is not included in this phase of the project, we still believe it is important that students support this initiative so they can see the impact that bottle caps alone have on our environment. The buddy bench came from an idea to eliminate bullying and loneliness and to foster friendship on school playgrounds. In addition to sending your accepted caps and lids into school with your student, you can also drop off clean collected caps to:

- City Hall Lobby, 121 SW Port St. Lucie Blvd.
- PSL Civic Center -Recreation area
9221 SE Civic Center Place
- PSL Community Center, 2195 SE Airoso Blvd
- Port St. Lucie Police Department

If your business is interested in a tax deduction for the year and would like to sponsor a Buddy Bench for Southport during this phase, please contact the School Library Media Specialist @ 772-337-5908 for more information.



COLLECT BOTTLE CAPS FOR BUDDY BENCH
→ RECYCLE & CREATE
 BENCHES • FRIENDS • MEMORIES
 YOUR BOTTLE CAPS WILL BE RECYCLED TO CREATE A BUDDY BENCH FOR A LOCAL SCHOOL

Bottle Cap Collection ends April 20, 2019

ACCEPTED CAPS

- Medicine Bottle Caps
- Drink Bottle Caps
- Milk Jug Caps
- Flip-top Caps (condiments)
- Detergent Caps
- Spout Caps (condiments)
- Hair Spray Caps
- Spray Paint Caps
- Toothpaste Tube Caps
- Ointment Tube Caps
- Deodorant Caps
- Go Go Caps
- Caps with Recycle Numbers: 2, 4, 5

ACCEPTED LIDS

- Cottage Cheese Container Lids
- Cool Whip Container Lids
- Mayonnaise Jar Lids
- Coffee Can Lids
- Yogurt Lids
- Cream Cheese Container Lids
- Peanut Butter Lids
- Butter Container Lids
- Ice Cream Bucket Lids under 8 inches
- Prescription Bottles with labels removed

Collection Locations: PSL Police Department, PSL City Hall, PSL Civic Center, PSL Community Center

Please Support All Our Local Business Partners
 THANK YOU FOR ALL YOU DO!!!



Please contact Southport Middle School if you would like to become one of our Business Partners.