

Students and Faculty at Nansemond-Suffolk Academy sported their Blue and Gold colors this week as the Academy celebrated spirit week in honor of all spring athletes.

In addition to a pep rally attended by the entire Upper School, classes participated each day in dressing up for particular themes of the week.

Monday was *Blue & Gold Day*

Tuesday was *Couch Potato Day*

Wednesday was *Dress Up Day* (due to the National Honor Society Assembly)

Thursday is *Back to the Future Day*

& Friday is *Tropical Get Away Day*

The attached a photo is of NSA's Upper School Assistant Headmaster, Mrs. Brenda Kincaid, as she cruised around the halls of the Academy on her *Segway XT* in honor of *Back to the Future Day*.