



**DAILY ANNOUNCEMENTS  
MONDAY  
JANUARY 19, 2026**

Everybody caught up on all their classes sign up to see the acting class epic final play in **FLEX THIS WEDNESDAY!** It's gonna be lit!"

**THE LAST DAY FOR SEMESTER 2 COURSE CHANGES** is Friday January 30<sup>th</sup>.

**A BIG CONGRATULATIONS TO THE JR. GIRLS BASKETBALL TEAM** for winning second place this weekend at the Dover Tournament. Way to go girls! You really showed what you made of this weekend!

**GIRLS SOCCER:** All grade 8-12 girls who are interested in playing school soccer this year, please attend a quick meeting in the mezz at the beginning of lunch **TODAY**. Please talk to Ms. Lavoie if you have any questions.

**BALLENAS HOSTS THE FOLLOWING HOME GAMES THIS WEEK:**

Wednesday, Jan. 21<sup>st</sup> Senior Girls Basketball 5:30 PM

Come on out and show them your support! Go Whalers!

**ESCAPE THE VAPE IS BACK!** Are you looking to cut back/quit smoking, escape the vape, help to forget the upperdeckie. Want to quit the Nic, go talk to Nik in the HUB... we have prizes to help motivate you to achieve your goal.

**FROM THE LEARNING COMMONS:** This is a reminder that all textbooks for your semester-long courses are due this week by Wednesday. Also, the \$35 replacement costs for workbooks (if applicable) are due ASAP. You cannot sign out Semester 2 textbooks if you haven't cleared up your Semester 1 Library account.

**GRAD PHOTOS** are happening at Ballenas February 2-5. Book now at [Concept Photography](#). Find the link on the [Ballenas Website](#).

**ROCK PAPER SCISSORS:** Hey Ballenas, rock paper scissors is back and better than ever! On January 29th join in on some school wide fun, stay tuned for more info!

**LUNCH MENU**

MONDAY – Spaghetti

TUESDAY – Mini Pepperoni Pizzas

WEDNESDAY – Potato Corn Turkey Soup

THURSDAY – Grilled Cheese

FRIDAY – Pizza

Hay cep qa (thank you)