



**DAILY ANNOUNCEMENTS**  
**WEDNESDAY**  
**NOVEMBER 19, 2025**

**GR 10 JR GIRLS VOLLEYBALL TEAM GOOD LUCK** as they head over to Surrey for provincials today!

**SENIOR GIRLS BASKETBALL CANCELLED TODAY.**

 **ALPINE TEAM – FINAL INFO MEETING THIS THURSDAY AT LUNCH!** 

Hey Ballenas! Want to ski or snowboard this season? **Don't miss your chance** to join the Alpine Team.

Come to **Room 906 this Thursday at lunch** — this is your last chance to sign up!

Here's what you need to know:

- ✓ You'll train at **Mount Washington**, the same mountain hosting Provincials this year (our team will qualify automatically!)
- ✓ You'll get **expert coaching** and **lots of free ride time**
- ✓ It's just **4 weekends** — 4 Sundays and 4 Mondays
- That's less time than binge-watching a Netflix season
  
- ✓ All levels are welcome – from beginners to racers
- ✓ And the more students who join, the **cheaper it gets for everyone**

So if you want to spend Mondays on the mountain instead of in class, **this is your sign.**

*"Joining Alpine was the best decision I made last year. I met amazing people, got better at snowboarding, and had the most fun Mondays ever."* – former team member

 **Room 906. Thursday. Lunch. Be there — or miss out.**

**THE BALLENAS FOOD DRIVE IS BACK!** Today's food of the day is Cereal.

Tomorrow's food will be soup.

Bring it to the main foyer at lunch for your reward.

**GSA** meets in room 908 on Wednesdays at lunch.

**BALLENAS GUYS GROUP:** The Guys Group meets in the Band Room (Rm. 914) on Thursdays at lunch. Guys Group brings together students, teachers, and mentors for a place to chat and listen to each other. This mentoring group is open to students and adults here at BSS, and it's a great place to connect with others. There is no pressure to talk or share anything if you don't want to. **IMPORTANT** --- Please make sure to bring a lunch with you as there will be no pizza provided at the meetings for the time being. See Mr. Kellas or Mr. Bambrough if you have any questions about Guys Group. See you on Thursday!

**CONGRATULATIONS** to Bennet Switzer on making the Provincial All Star Team for Football. Bennet will play in BC Place Stadium in the BC High School Football All Star Game in two weeks.

**GRILLED CHEESE AND TOMATO SOUP IS BACK THANKS TO THE GENEROSITY OF SAVE-ON FOOD** for donating the bread! Let's give them a big thank you and if you love grilled cheese like we do... Pay it forward to someone else and keep the giving going!

**LUNCH WEEKLY MENU**

WEDNESDAY – Lasagna Soup

THURSDAY – Grilled Cheese

FRIDAY – Pizza

Hay cep qa (thank you)