

## DAILY ANNOUNCEMENTS WEDNESDAY

## **OCTOBER 1<sup>ST</sup>, 2025**

**BIG WEEK FOR YOUR WHALERS AS THE FOOTBALL SEASON REACHES THE MIDWAY POINT.** Both teams travel down Island for match ups vs Mt Doug Rams. Both Whalers teams are having a good season. We want to recognize the Seniors who keep climbing up the rankings. Your Senior Whalers are now ranked #3 in the Province after a 58-0 victory last week! Cheer these players on when you see them dressed up for game day!

**CONGRATULATIONS TO OUR SENIOR GIRLS VOLLEYBALL TEAM** who placed 2nd at a 28 team tournament this last weekend hosted by VIU Women's Volleyball. This weekend they look to continue their success at the Camosun Invitational Tournament in Victoria. Go Whalers!

**GIRLS BASKETBALL** drop in skills and scrimmage Tuesday mornings 07:30 - 08:30. All welcome. See Spray if you have any questions.

**AT LUNCH IN THE HUB**, come and create some paper mache pumpkins in October! All supplies provided and gourd vibes only:) See Nikki in the HUB to sign up and save your spot.

**DID YOU KNOW** .... Gratitude offers benefits for mental, physical, and social well-being, leading to improved mood, less stress, better sleep, stronger relationships, and enhanced resilience. During the month of October, we challenge you to complete a gratitude task a day. See the Gratitude board outside the counselling office for more info.

**STUDENT GOOGLE ACCOUNTS:** Accounts are being reset on Friday morning. Please ensure your parents/guardians have completed the form that was sent via email (from Permission Click) or come to the office for a paper form.

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

**BALLENAS GUYS GROUP:** The Guys Group meets in the Band Room (Rm. 914) every Thursday at lunch. Guys Group brings together students, teachers, and mentors for some free food and 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, and there's free pizza for those who attend. Please see Mr. Kellas or Mr. Bambrough if you have any questions about Guys Group, or you can just show up on Thursday at the start of lunch!

## **LUNCH WEEKLY MENU**

WEDNESDAY – Beef Taco Rice with Tortilla Chips THURSDAY – Pancakes with Fruit Compote FRIDAY - Pizza

Hay cep qa (thank you)