



DAILY ANNOUNCEMENTS

FRIDAY

OCTOBER 10TH, 2025

Did you know that daily gratitude leads to **Better Sleep**: People who practice gratitude tend to have better sleep quality, partly due to reduced worry and anxiety.

Today's Gratitude challenge: Name a place that makes you feel peaceful or happy. (Picture it in your mind)

PARENT/TEACHER CONFERENCES: Wednesday, October 15th 4:00 – 7:00 PM and Thursday, October 16th 4:00 – 6:00 PM. Book on-line now <https://ballenas.schoolappointments.com/> or call the office.

SCHOOL PHOTOS: Go to <https://www.conceptphoto.ca/> to view and order school photos. Retake day is happening next Wednesday, October 15th.

MATH CONTESTS! Any students interested in competing in the **Canadian Senior Contest (Grade 11-12)** OR the **Canadian Intermediate Contest (Grade 10 and under)** Sign up in room 303. The contest is November 12 and **Registration closes October 16th.**

GRADE 12 STUDENTS – Please see the post in the Grad Google Classroom about Provincial Assessments. If you would like to write the Literacy 12 Assessment in November, please sign up in the Counselling Office ASAP. More info to come (location, dates, etc.) and will be posted in the Grad Google Classroom. Please check it regularly!

CALLING ALL STUDENTS WHO ARE INTERESTED IN SHORT-TERM INTERNATIONAL EXCHANGES. Are you interested in visiting other countries and experiencing what it is like to be a student somewhere else? There will be a meeting in room 702, October 10th at Lunchtime. That's Room 702, at lunch, on the 10th.

LUNCH WEEKLY MENU

FRIDAY - Pizza

Hay cep qa (thank you)