



DAILY ANNOUNCEMENTS

TUESDAY

OCTOBER 14TH, 2025

Did you know that practicing daily gratitude can **Lower Stress and Blood Pressure**: It can lead to a lower heart rate, reduced blood pressure, and a more relaxed state by activating the parasympathetic nervous system.

TODAY'S GRATITUDE CHALLENGE: Think of a piece of advice you've been given that has stayed with you.

To add on to **Tired Tuesday**, we're holding a **contest** — we want to see *how tired* you really are! Take a pic of you (or you and your friends) in your Tired Tuesday fits and **tag @ballenasleadership** on Instagram to enter. 📷 Prizes will be handed out on **Wednesday** for the best tired looks — so let's see just *how tired* Ballenas can get! 💖 📺

VIDEO GAME CLUB: Tuesdays after school. Room 901.

The first **STUDENT VOICE** meeting of the year is happening this Wednesday during FLEX in room 909. This group is involved with decision informing in and around the school on a variety of topics. The group is open to EVERYONE! We hope to see you there. Sign up via your A Block Teacher for FLEX.

TRACK PACK: Join Mr. Braun and Mr. Switzer on the track during Flex. Both First-timers and serious runners are welcome. Walk or Run, all fitness levels. Bring your running shoes, water bottle and some friends.

Do you believe in fairness, equality, and standing up for what's right? Do you want to talk about how we can take action on social issues that matter to us here at Ballenas? Do you want to make difference? If yes, the **SOCIAL JUSTICE CLUB** with Ms Nettleton would love to see you during Flex in the HUB. Let us know what matters to you!

NURSES are IN! Have a health related question? Want to connect? Public Health Nurses are in the HUB this week at lunch on THURSDAY. Come on by and check it out!

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 TOMORROW!

GR 8 GIRLS BASKETBALL – Anyone interested in playing Grade 8 Girls Basketball meet in the Fitness Centre at Lunch on Thursday. See Ms. Stefanek for more info.

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.**

THIS WEEK BALLENAS HOSTS THE FOLLOWING TEAM GAMES:

- Wednesday October 15 3:30 PM Grade 8 Girls Volleyball
- Wednesday October 15 7:30 PM Senior Boys Volleyball

Come by and cheer them on! Go Whalers!!

LUNCH WEEKLY MENU

TUESDAY – Hot Dogs and Chips

WEDNESDAY – Turkey Rice Soup

THURSDAY – Beef Taco Enchiladas

FRIDAY - Pizza

Hay cep qa (thank you)