



DAILY ANNOUNCEMENTS
WEDNESDAY
OCTOBER 15TH, 2025

Ways to Cultivate Gratitude: **Keep a Gratitude Journal:**

Regularly write down a few things you are grateful for, even small things, before bed. Check out the board near the counselling office for a gratitude tracker sheet

TODAY'S GRATITUDE CHALLENGE: Name a book, movie or song that has deeply resonated with you

NALOXONE TRAINING in the HUB this Friday at lunch. Training is free and available to all students.. snacks provided! Any questions please see Nikki or Kalli .

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.

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!

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.**

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 – Turkey Rice Soup
THURSDAY – Beef Taco Enchiladas
FRIDAY - Pizza

Hay cep qa (thank you)