



**DAILY ANNOUNCEMENTS**  
**THURSDAY**  
**OCTOBER 23<sup>RD</sup>, 2025**

**More Ways to Cultivate Gratitude: Express Your Thanks:**

Tell people you are grateful for them and their actions to strengthen bonds.

**TODAY'S GRATITUDE CHALLENGE: Who made you smile or laugh today?**

If you have no "A" block class, an "A" block study or are in "A" block peer mentoring there has been some changes to your homerooms.

Please come to the counselling office and check the class lists hanging on Nicole's desk to see what homeroom you are in.

**MUSICAL THEATRE:** Rehearsal is cancelled today.

**Model UN:** We are having a MANDATORY meeting today at lunch in room 913 for all students registered for Island MUN at Brentwood next week. Everyone going to IMUN must attend, but it will be quick!

**FROM THE LEARNING COMMONS...** We are hosting a 3 Sentence Horror Story contest! Submit your original stories to Mrs. Holman using the QR code in the Learning Commons no later than next Thursday@ lunch. You can also email your story to Mrs. Holman. There are 2 age categories – Grades 8-10 and Grades 11/12. Winners (of a \$10 coffee card) will be announced Friday morning in the announcements, by sharing the story. Come check out the examples in the Learning Commons for ideas. We can't wait to read your tales of terror!

**JUNIOR GIRLS' BASKETBALL TRYOUTS** Ballenas gym Monday Oct 27 and Wednesday Oct 29 both from 5pm - 6:30pm. Questions see Mr Spray or Ms Young.

**FALL DRESS UP DAYS -**

**Matching Monday:** grab your bestie and pull up to school in your best matching fits for matching Monday!

**Tired Tuesday:** Take 2! That's right! we're running it back for a second time! wear your comfiest pjs on october 28th.

**Wicked Wednesday:** dress in either your best wicked fits or in halloween colours!

**Sweater Weather:** on October 30th, wear your comfiest sweater! cute, simple, and warm! What more could you want?

**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!

**HEY WHALERS, DO YOU LIKE TO DRAW, PAINT, WRITE, TAKE PHOTOS OR JUST WANT TO TRY FLEXING THOSE CREATIVE MUSCLES?** Then the art club is for you! We meet every Thursday at lunch in the art room. For any questions about the club please see Hana in the art room during club time. We hope to have you join us!

**PHOTOS:** If you ordered photos from the original photo day and did not receive them in the mail (due to the Canada post strike) please check at the office for your order.

**LUNCH WEEKLY MENU**

THURSDAY – Sloppy Joe

FRIDAY – No School

Hay cep qa (thank you)