

GOBYBIKE WEEKS – This week and next week are province-wide Go-By-Bike Weeks! By registering on GoByBikebc.ca and joining Team "Ballenas Bikers" you will contribute valuable data in helping Parksville become more bike friendly AND have the chance to win awesome prizes, just by riding your bike! Provincial Prizes this year include the chance to win one of several e-bikes and even a trip to Europe for you and your family. Talk to Mr. Townsend or look for the posters around the school for help signing up.

READY TO GLOW AT HOCO? Our glow in the dark themed homecoming for grades 10-12 is taking place Thursday October 3rd. Join us for hand mixed drinks, specialty treats at concession, and all things GLOW. Tickets will be on sale this week and next - get them before they are gone! See Ms. Spence in room 913 for guest forms or financial aid.

BSS CLUB SHOWCASE – On Oct. 4 there will be a club showcase in the socialization area. Students, if you are involved in a club please come to the office to book a table.

JUNIOR BOYS VOLLEYBALL – Please meet at Ballenas at 4pm today to go to our first game at Ladysmith Secondary (game time 5pm).

ECO CLUB – Do you love nature? Are you passionate about the environment? Come join the Ballenas Eco club! If you are interested, come to a meeting on Thursday, September 26 at lunch in room 908. Talk to Ms.Lavoie for more details.

GSA CLUB – Happens EVERY Wednesday at lunch in the foods room (902).

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 for boys 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. If you have any questions about Guys Group, please see Mr. Kellas, Mr. Townsend, Mr. Bambrough, Mr. Muirhead, or Mr. Quinn. Head to the band room at the start of lunch time today for Guys Group!

TRUTH & RECONCILLIATION – On Friday there will be a march for National Truth & Reconciliation. Wear all of your orange and feel free to invite friends & family. March will start at 10:05am.

JAZZ BAND STUDENTS – Due to the staff meeting this afternoon, our Jazz Band rehearsal will not happen after school but will be at lunch time instead. Please make your way to the band room at the start of lunch time today.

Hey whalers, get excited for interact club today at lunch in room 202! Come join us for easy volunteer hours, community involvement, and a lunch full of fun! All grades welcome, so come down to room 202.

GRADE 8 GIRLS VOLLEYBALL – If you have not given Mr. Lukianchuk your forms, please hand him your form in room 911. If there are any issues, please talk to Mr. Lukianchuk.

LUNCH WEEKLY MENU -

WEDNESDAY – Grilled Cheese w/Tomato Soup

THURSDAY – Chicken Caesar Wrap

FRIDAY – Pizza