DAILY ANNOUNCEMENTS
THURSDAY
OCTOBER 16TH, 2025

Did you know that practicing daily gratitude can lead to **Increased likability:** Grateful people are often perceived as more positive and likable by those around them

TODAY'S GRATITUDE CHALLENGE: what's something beautiful you noticed in nature today?

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.

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 .

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 TODAY. 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 TODAY!

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!

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

THURSDAY – Beef Taco Enchiladas
FRIDAY - Pizza

Hay cep qa (thank you)