



Citadel Middle School

Thursday October 9th

Hey yearbook photographers! Ms. Denholme is running camera training sessions at lunch today and Friday this week. If you have not been trained yet, please sign up for one of the sessions this week.

Choir meets every Friday at 7:45, and there are still spaces available if you want to join, but you must attend. Remember singers, this Friday is new music day, and hot chocolate if you remember to bring a mug.

Swimming Team-reminder to meet tomorrow at Coquitlam City Center pool at 9:40. Bring lots of snack because we are there all day.

Grade 8 Girls Volleyball-Excellent first game yesterday! You made your serves, tried for 3 hits and played as a team. Let's keep working on calling the ball! Way to go girls!

Can the following students please see Ms. D'Alfonso at nutrition break in her room.

From River Community: Lilianna Wang, Hailey, Khoi, Ava Jehman, Grace Y.

From Ocean Community: Lynette, Mia, Phoebe

Community Comfort-We will be collecting NEW winter hats, socks, mittens, and gloves this October to help provide warmth to those in our community that need it. So please bring brand new winter hats, gloves, mittens, and socks to Ms. D'Alfonso's room. Your donations can make a big difference for someone. So, Citadel, let's get together this October to spread warmth and kindness in our community. Thank You!

It's Mental Health Awareness Week. Today, let's take a small bit of our time to think about busting the myths that are out there around mental health. Here are a few common misconceptions: depression is not the same as having a hard day, and anxiety disorder is not the same as feeling stressed before an exam. The language we use around mental health matters a lot as it helps us with the correct coping skills or treatment plan.

Cross Country-Our Citadel cross country running team is heading to Eagle Mountain Middle today to run in our second meet of the season. Get your jersey from Ms. Pitman or Mr. Battle in the foyer before heading to the meet. Go Citadel!