

Tuesday  
October 10, 2017



# **BELL SCHEDULE – Reminder**

## **Parent-Teacher Interviews Oct. 12<sup>th</sup>**

<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Block 1</b> <b>8:00-9:12</b>	<b>Block 1</b> <b>8:00-9:12</b>	<b>PARENT-TEACHER</b> <b>“Altered” Bell Schedule</b> <b>Block 1</b> <b>8:00-9:12</b>	<b>Block 1</b> <b>8:00-9:12</b>
<b>Block 2</b> <b>9:16-10:28</b>	<b>Block 2</b> <b>9:16-10:28</b>	<b>Block 2</b> <b>9:16-10:06</b>	<b>Block 2</b> <b>9:16-10:28</b>
<b>FLEX</b> <b>10:28-10:57</b>	<b>FLEX</b> <b>10:28-10:57</b>	<b>Block 3</b> <b>10:10-11:00</b>	<b>FLEX</b> <b>10:28-10:57</b>
<b>Block 3</b> <b>11:01-12:13</b>	<b>Block 3</b> <b>11:01-12:13</b>	<b>BREAK</b> <b>11:00-11:10</b>	<b>Block 3</b> <b>11:01-12:13</b>
<b>LUNCH</b> <b>12:13-12:53</b>	<b>LUNCH</b> <b>12:13-12:53</b>	<b>Block 4</b> <b>11:15-12:05</b>	<b>LUNCH</b> <b>12:13-12:53</b>
<b>Block 4</b> <b>12:57-2:09</b>	<b>Block 4</b> <b>12:57-2:09</b>	<b>Block 5</b> <b>12:10-1:00</b>	<b>Block 4</b> <b>12:57-2:09</b>
<b>Block 5</b> <b>2:13-3:25</b>	<b>Block 5</b> <b>2:13-3:25</b>	<b>Parent-Teacher</b> <b>Interviews</b> <b>2:00-6:00</b>	<b>Block 5</b> <b>2:13-3:25</b>



Are you at school early?

Looking for a place to relax  
before class?



Want some coffee, tea, cereal  
or toast to start your day?

Come play some games, listen to  
music, make something creative, chat  
with others or even just chill

**Come to ROOM 231  
EVERY MORNING 8:30-9:15**



Need some help  
juggling life's  
demands?

Ever feel  
frustrated or  
stressed?

Worries weighing  
you down?



Self-doubt  
sometimes play  
games with your  
mind?

Are you taking  
care of yourself as  
well as you can?

# YMCA Teen Mindfulness Group

Connect with others, learn new ways to cope, and enjoy some *FREE SNACKS* while doing it!!

This program is being run by YMCA staff here at our school starting in a few weeks. If you are interested, drop by the counselling office for more details.

**ARE YOU A GRADE 12 STUDENT WHO IS FEELING  
OVERWHELMED WITH QUESTIONS REGARDING  
UNIVERSITY, COLLEGE, APPLICATIONS**

**..... if so, you should come to the Career Centre in the office and sign-up for a “Q & A, Lunch & Munch” session with counsellor/career resource staff who will help answer the questions that are keeping you awake at night!!!**

**→SIGN UP STARTS THIS WEEK AND LUNCH SESSIONS RUN ON THE FOLLOWING DAYS:**

**October 10, 11, 16, 17, 19, 23, 24, 25, 26, 30  
November 1, 2**

# GR. 9 IMMUNIZATION CONSENT FORMS

**REMINDER TO THOSE GRADE 9S WHO HAVE NOT YET RETURNED THEIR CONSENT FORMS. YOU KNOW WHO YOU ARE.**

**PLEASE RETURN THE CONSENT FORM TO THE MAIN OFFICE ASAP.**



# KODIAK ATHLETICS



# Field Hockey Results

**Great team effort!**  
**(Game last Thursday, Oct. 5<sup>th</sup>)**

**Heritage vs. Centennial**

**1 – 0**



**Congratulations to our Cross Country  
senior boys and girls.  
Both boys and girls placed first during their  
respective races.  
Well done Kodiaks!"**



# Jr. Boys Soccer

- Next game is away to Archbishop Carney on Wednesday, Oct. 11<sup>th</sup>



# GRADE 9 BOYS BASKETBALL TRYOUTS

Tryouts for the 2017-18 Grade 9 boys basketball team will be held on the following days:

Wed, Oct 11<sup>th</sup> 7:30 – 9pm

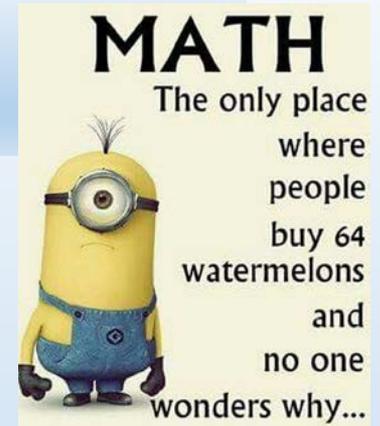
Fri, Oct 13<sup>th</sup> 7:30 – 9:15pm

Please see Mr. Martin in the PE office if you have any questions.

# KODIAK CLUBS



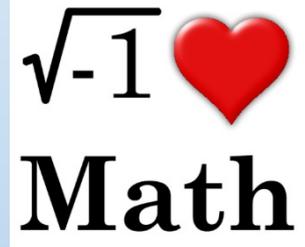
# Math Club



**Interested in...**

- **Math contests?**
- **Math games or races?**

**Or just LOVE math?**



**Math Club meetings on Mondays after school  
in Ms. Weinkam's Room (242).**



**SKI & SNOWBOARD  
CLUB**

**SIGN UP IN ROOM 314**

**FIRST TRIP:  
DECEMBER 9TH**

# REPEAT NOTICES





**Last Friday, September 29<sup>th</sup> the following items were returned to the main office:**

**→ 1 cell phone**

**→ power bank**

**Please come to the main office to claim. Be prepared to give a description.**

# HWSS LANYARDS – \$5.00

**HWSS Lanyards are available to purchase from the main office.**

**\$5.00**

