



October

MARK ISFELD ANNOUNCEMENTS

Oct 2, 2026	TODAY’S BLOCKS: Day 3 BADC Flex	This Friday’s schedule: Day 3 BADC Flex
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NEW!

For important but “previously run” current events and reminders, be sure to check the re-runs and items below:

Café Franco - today at lunch in Room 101. Complete the quiz and earn yourself a delicious prize!

Snr Music students – your trip deposit is due by end of today.

Model UN - meeting at lunch today in room 404 for grade 8 & 9s.

Math club – no meeting today, see you next week.

Homework Club is moving to Thursday mornings! Do you need assistance with assignments, tests, quizzes, or just need a focused place to work? Come to Homework club Thursday mornings (instead of Wednesday afternoons) from 7:55-8:55 in Room 400. Lindsay will be there to help if needed.

Cookie Tasting Day on Monday! – a sweet treat is coming to The Den. On Monday, get ready to taste, rate, and enjoy a delicious selection of cookies and choose our new batch. See you at The Den.

Happy Terry Fox run day! – after the run, there will be a BBQ with a hot dog/chips/drink combo for sale for \$5. If you haven’t donated towards your TA total to win a pizza lunch, there’s still time, go [here](#) to donate.

SPORTS! (Check below section for regularly occurring practices)

Volleyball Intramurals -

REGULARLY OCCURRING EVENTS

MONDAY

- Snr Girls Volleyball practice 5:15-7pm @ Gym
- Jnr Girls Volleyball 5:15-7pm @ Gym
- Gr 9 Girls Volleyball practice 7-8:30pm @ Gym
- Gr 8 Girls Volleyball 3:15 @ Gym
- Gr 8 Boys Volleyball 3:15-5pm @ Gym
- Cross Country practice 3:15 Gym lobby
- Choir practice at lunch in Rm 511

TUESDAY

- Snr Boys Volleyball practice 7-8:45am Gym
- Gr 10 Boys Volleyball practice 5:15-7pm Gym
- Gr 9 Boys Volleyball practice 5:15-7pm

WEDNESDAY

- Snr Girls Volleyball practice 5:15-7pm Gym
- Snr Boys Volleyball practice 7-9 Gym
- Gr 10 Boys Volleyball practice 7-9pm Gym
- Gr 9 Boys Volleyball practice 5:15-7pm Gym
- Gr 8 Girls Volleyball 7:15am @ Gym
- Gr 8 Boys Volleyball 3:15-5pm @ Gym
- Cross Country practice 3:15 Gym lobby
- Garden club Lunch Rm 401
- Leadership club Lunch Rm 101
- Wellness Wednesdays Lunch @ MPR
- Tasty Tuesday Lunch @ front foyer

THURSDAY

- Snr Boys Volleyball practice 7-9pm Gym
- Jnr Girls Volleyball 5:15-7pm @ Gym
- Gr 9 Girls Volleyball practice 5:15-7pm @ Gym
- Gr 8 Girls Volleyball 7:15am @ Gym
- Interact lunch @ Rm 506

Choir practice 3:15-4:30 Rm 511
QAC lunch @Port 3
FRIDAY
Cross Country practice 7:30AM @ Gym lobby
Choir practice 8am Rm 511

RERUNS

Starting next week: WELLNESS WEDNESDAYS - Need a break from the busy school day? Join us for Wellness Wednesdays and take 20 minutes to slow down, recharge, and focus on your well-being. Relax with calming music, Stretch or try some gentle yoga, Enjoy peaceful images and a quiet atmosphere, Take a moment to breathe and reset.
Open to all students and staff!

 When: Every Wednesday

 12:10-12:30 p.m.

 Where: MPR

 Bring: A yoga mat if you'd like (optional)

No experience needed. Drop in for a few minutes or stay for the whole session. Pause. Breathe. Reset. Recharge. Your well-being matters. See you on Wednesday!

On **Sunday, Oct 4**, there is a special volleyball event at Highland Secondary. At 1:00 the Isfeld Sr Girls will play Highland and the Sr Boys compete too, but the big event is college volleyball in the Comox Valley!! Camosun Men's Chargers will play VIU Men's Mariners at 3:00. Cost is \$5, a fundraiser for the high school teams.

BC's Youth Racial Equity Micro-Grants are available for students 16 years and older. Apply for up to \$1000 in project funding to turn an anti racism idea into action. It could be a TikTok, Instagram, YouTube, podcast, poster, artwork, event or something else. Funding will help cover eligible project costs such as materials, digital content creation, workshops etc. Applications are open now until **Oct 30, 2026**. Go [here](#) to find out more or apply.

CAREER CENTRE/WORK EXPERIENCE/VOLUNTEERING

Are You interested in History? The Comox Museum is looking for volunteers to assist in various aspects of their organization. Great way to get your 30hrs. Come to the careers department for more information.

Volunteer Opportunity - The Views is currently looking for volunteers to help at their facility. If you are interested in the health care field and want to give back, and need volunteer hours, this is a great way to do so. Come to the careers office for an application. Deadline to apply is **Oct 5**.

Summer Work Experience – please return your completed **Summer WEX** courses as soon as possible to the Work Experience office.

BURSARIES/SCHOLARSHIPS (check *Grad/Bursary & Scholarship* tab on our website)

LORAN Award (Grade 12s) - Applications are now being accepted from now until **Thursday, October 15th, 2026**, at 9am. Allocating more than \$500,000.00 The Loran Award supports promising young Canadians who show strength of character and a commitment to service in their communities, challenging them to fully realize their leadership potential. Please see the Counsellors for more information about eligibility and how to apply and/or visit loranscholar.ca/becoming-a-scholar.

GRAD

John Horgan Campus Discovery Day - Students and families are invited to attend John Horgan Campus Discovery Day on **Saturday, October 3, from 11:00am-2:00pm** at the John Horgan Campus in Victoria. This free event brings together representatives from **BCIT, Camosun College, Royal Roads University, and the University of Victoria** in one location. Attendees will be able to:

- Explore post-secondary programs and pathways.
- Attend information sessions from each institution.
- Learn about admissions, student supports, and next steps.
- Ask questions directly to representatives from all four schools.

The event is open to students, families, educators, counsellors, and community members. **Registration is available here.** [Here's the link.](#)