

## Monday, December 11, 2023

## **NEW**

- Any students who want to use the weight room. It will be supervised from 3:30-5 after school on Mondays and Fridays until the end of January.
- This week's FLEX rotation is Day 3: B, A, D, Lunch, C, Flex
- Grade 8 Girls Volleyball: Come to Ms. Hale's (113) room at lunch today about our wrap-up lunch together (wrap-up will be Thursday!)
- Dual Credit opportunities still available for next semester: Early Childhood Education ECC 104 runs Feb to May Tues/Wed 3:45 to 6:45. Human Services SSW 121, runs Feb to May schedule TBA and will be after school hours. BIO 160, Anatomy & Physiology runs Jan to May Tues 4 to 7pm. If you are interested in any of these courses, please come to the career's office for more information.
- Mental Health Leadership will resume after the winter break, see you in January!
- UVic's Gustavson School of Business is hosting a free online workshop Adulting 101: Personal finance for students planning for college and university. The online session has two options: December 12th at 6:00 pm (PST), or December 13th at 9:00 am (PST). Dr. Michael King will be covering some key components like budgeting for your first year of education, how to establish your credit scores, and more. Students can sign up on their website.
- Comox Valley Volleyball December Camp is December 16th and 17th. See Mr. Stevens for more information.
- Jr. Girls Basketball: Practice is on Monday 7-9; your first home game is this Wednesday—you will need to leave class at 3:00 to get ready; no practice Friday morning—you have a tournament at Vanier on Friday; be sure your team fees have been submitted to the front office.
- Any students interested in the Italy exchange for 2024-2025 and would like an information sheet, please come to room 202 and see Mr. Stevens
- HUGE congrats to our grade 9/10 boys' basketball team that traveled to Sooke to play in a tournament. The boys beat Claremont by 6 points in OVERTIME in an intense-nail biting game to advance to the finals. The boys lost a very tough one in the final to the home school. Well done to the following boys: Caleb Gallagher, Cam Orr, Bryce Morris, Austin Dawson, Nate Gallager, Ben Stevens, Xavier Sangris, Max Lefebvre, and Jaxon Hemellgarn.
- Grade 8 Girls Basketball: Please ask your teachers to be excused at 2:45 for your away game today.
- Ski and Snowboard Team: If you would like to join the ski and snowboard race team this year and have not handed in your forms yet, come to a quick meeting in Rm 214 at lunch on Wednesday. If you are not able to attend, check in with Ms. Wilson or Ms. Meredith this week.

## **OLD NEWS**

**A** 

December CITY bus tickets are available! \$35.00 each

REMINDER - Money lost in vending machines: The office will no longer be refunding money lost in the vending machines. If you lose money in the vending machines, please talk to the Ryan Vending Rep who is at the school on Tuesdays and Fridays at approximately 10:00 am.

#### **SPORTS**

# **WORK EXPERIENCE**

#### **GRADS**

The Grad Class attire program welcomes all grade 12 students in Comox Valley Schools to have the opportunity to wear a gown or suit on graduation day without the financial burden of purchasing a brand-new outfit for their milestone event. Please see our website for more information.

## **Concession**

Monday – Pizza	Tuesday – Pizza	Wednesday - Pizza
Thursday – Pizza	Indigenous Leadership –	