

**Monday, March-03-25**

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**Mrs. Donegan**

Rio, please stop by during Focus block today!

**From Mr. Gibbs**

Art Focus is cancelled today

**Theater students:** Come see Mrs. G-Riggs for your show shirt at the start of lunch!

**From Ms. Fowlie**

Both online course selection through MyEd AND the paper course selection sheets are due TODAY, March 3. Any late submissions will be date stamped, which can affect your elective choices. If you need help with your MyEd password, please contact Ms. Fowlie in 241 or Ms. Boyd in the office. Course selection information is up on the school website under the Student tab. Extra paper copies of course selections are available outside the office.

**From Mrs. Arthurs**

A big congratulations to all rowers who competed this past weekend in the Elk Lake Spring Regatta. It is the start of the racing season and the crews showed much promise. WELL done

**From Ms. Gilbert**

**Grade 11 this is YOUR RETREAT week...BE READY on Thursday March 6th to be at school ON TIME-Wear your CIVVIES - bring a BIG lunch and wear STURDY shoes!**  
We will be outside for part of the day!!

LEAVE your technology and phones and earbuds and laptops at HOME...  
be ready to PLAY, PRAY and EAT!!

Get Excited!!!  
Great Day to be a SABRE

**From Mrs. Krause and the Yearbook Team**

**Golf Team** - Your Yearbook team photo is TODAY in the gym. Please come right away so it only takes 5 minutes.

## **From Mr. Omule - SABRE SPORTS**

### **Ultimate**

Meeting: Wednesday at lunch  
Practice: Thursday at 3:15pm (Turf)

### **Track and Field**

Meeting: Wednesday MARCH 12 at lunch  
Sign Up Sheet: Please fill out by the gym

### **Badminton**

Meeting: Wednesday at lunch  
Practice: Thursday and Friday at 3:30pm

### **Girls Soccer**

Tryouts on the turf:

- o Monday at 3:30 pm
- o Tuesday at 3:30 pm
- o Wednesday at 2:30 pm

### **Grade 8 Volleyball**

Practice: Co-ed Monday at 3:15pm  
Game: Girls and Boys vs Bayside Tuesday at 3:45 pm at St. Andrews