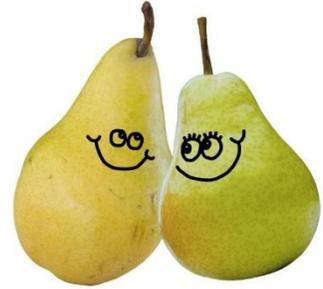


Daily Announcements

Wednesday, November-26-25

From your Peer Counsellors

Please enjoy today's snack -- fresh pears! These sweet treats are packed with vitamins such as Vitamin C and K, and minerals like potassium. Pears are a good source of dietary fiber, which supports digestive health and can contribute to a lower risk of type 2 diabetes and stroke. Please remember to compost the cores and return extras to The Commons, along with the white plastic tote.



From Ms. Gilbert

Grade 12's your YELLOW Retreat Permission form is PAST DUE !!

The Following comes see Ms Gilbert:

Kaylin, Krish, Chase, Mariana, Alex, Dipper, Nathan, Sydney, Rebecca, Grace, Emiliana, Nick, Natalia, Dil, Patrick, Bando, Naani, Matthew, Rubin, Kris, Leo, Montana, Lincoln, Renata, Ekkam, Evan, Ben, Leo T, Chloe, Jayden, Jason,

From Ms. Fowlie and Ms. Sanders

For all Gr. 10-12 students and their families: Tonight is our Post-Secondary BC Info Night at St. Andrew's from 6-8 PM. Reps from 12 post-secondary institutions will be on campus, including UVic, UBC, Camosun, VIU, Royal Roads, Emily Carr, CapU, UNBC, North Island College, Langara College, Trinity Western, and Corpus Christi & St. Mark's Colleges (on the UBC campus).

You can attend two presentations from two institutions of your choice, followed by a Mini-Fair in the Commons where all representatives will be available to answer questions.

From Learning Support

Homework club this week in 222!

Today, Wednesday, from 1:50 to 3:15 with all 8 EA's!

Thursday from 1:30 to 3:15 with all 8 EA's!

From Yearbook - Daniella and Loti

Grade 8 Girls Basketball, players and student coaches - your formal team photo is tomorrow/Thursday, Nov. 27 at the start of lunch. We have your jersey, and you will need to bring your PE shorts and your sport shoes. Please come to the gym right at the start of lunch so collect your jersey, get changed and have the photo. We'll be done quickly if you are quick!

Athletics News

Grade 8 Volleyball

We invite all Grade 8's interested in playing Volleyball this year, to begin skill development practices TODAY (on Wednesdays) 2:00-3:30pm in the Gym.

Sabres Athletics Packages

If you are now participating on a school team, and have not completed your [2025-2026 Sabres Athletics Package](#) and paid your \$100 Athletics Fee. Please do so by the end of the week. Paper Copies are available outside Ms. Wright's office in the gym and/or the main office. Be sure to return completed forms with your name clearly written and payment at the front office by TOMORROW, Thursday November 27th.
