

Daily Announcements

Wednesday, March-04-26

Hot Lunch on Friday:

Egg Fried Rice + Raw Veg & Dip for \$5

From your Peer Counsellors:

How is your Lent going so far? Take a moment to reflect. How have you prayed, fasted or given alms? Sign your name on the appropriate slip of paper and help us build something beautiful for Easter.

Yellow=prayer

Orange=fasting

Black= almsgiving

Extra slips of paper are in the Wellness Room.

Lastly, hope you enjoy the healthy snack. Cukes are so cute!!

From Ms. Gilbert

GIDDYUP- GRADE11s-your RETREAT is Tomorrow! Tomorrow- meet Ms. Gilbert in front of the library at 8:25am. Bring a BIG Lunch, sturdy shoes and dress in layers for the weather. It is going to be a great day!!!

From Mrs. G-Riggs

Attention Theater and Drama 9 kids going to The Lion King Jr.

Friday, the bus leaves at 12noon. Students attending can eat their lunch at 11:45 in the commons beforehand. We will be back for last block. Plan accordingly.

From Mme Ballam

It's time to bid adieu to the Grade 10 students from France - Romane, Jade and Eliot who leave on Friday. If you see them in your classes or in the hallways, say goodbye and wish them well. Thank you to all of the St. Andrew's Sabres for being such a welcoming community to our French exchange students again this year!!

Eamon O'Higgins, please come to room 234 today at lunch and Cristian Blaj also, unless I have seen the completed form.

Over please...../2

From Mme Ballam and Sra Tate

Don't forget! France and Spain trip participants, we are meeting in the library for Focus on Friday. See you there!

From Ms. Fowlie

If you have not completed either your paper or MyEd course selection, please see Ms. Fowlie in the Library (my office is just past the fish tank :)

From Learning Support

Homework Club (222) this week:

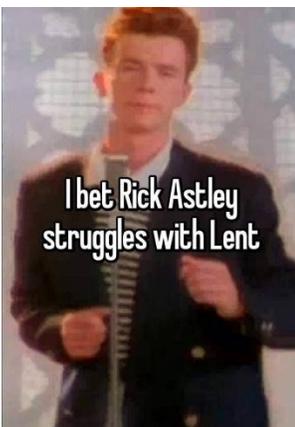
NO HOMEWORK CLUB TODAY

Thursday and Friday from 3:05 - 4:15

From Ms. Sanders

MUN Club - we meet this Friday at Focus in room 214.

Reflection from the Theology Club:



This past Sunday was the second Sunday of Lent. We all know Lent is 40 days of fasting, as Jesus fasted 40 days in the desert. Lent is also a time in preparation for Easter, where we give alms, pray, and fast to prepare ourselves for the resurrection of Jesus by refraining from our cravings, instead of giving in to them. In last Sunday's reading, we hear about Jesus being transfigured before his disciples Peter, James, and John. Jesus led them up a tall mountain, where, at the top, he was transfigured before them, and his face shone like the sun. A cloud came above them and from that cloud a voice said, "This is my Son, the Beloved; with him I am well pleased; listen to him!" When Jesus' face shone, it was a symbol that his light brightens our hearts and minds, because even in hard times, God's light will be there to guide us. God also said, "Listen to him." If we listen to Jesus instead of listening to our desires, we are fulfilled, because a relationship with God fulfills us more than our desires do, and Lent teaches us the importance of that.