

# Daily Announcements

Monday, March-09-26

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## 🌿 Lenten Reminder 🌿

Don't give up on your Lenten commitments of prayer, fasting, and almsgiving! Even small actions make a difference in your life and in our school community.

Take a moment to acknowledge a Lenten act you've done by describing it or simply signing your name on the appropriate coloured paper:

♡ Yellow – Prayer

♡ Orange – Fasting

♡ Black – Almsgiving (any act of giving—helping out, doing chores, or offering a kind word)

Completed slips can be returned to Ms. Sanders' mailbox or kept in the TAG room until closer to Easter. We are in the heart of Lent now... stay the course!

## FROM MS. Gilbert: Grade 10's

Here we gooooo.... your retreat is two weeks after **SPRING BREAK**...so lets get those **YELLOW** permission slips into **THIS** week! Lots of planning ahead....If you are in grade 10 and didn't get your permission slip- COME See Ms Gilbert today 😊

## Grade 8s

On Wednesday in B block, you will take part in a province-wide survey called the Middle Years Development Instrument (MDI). Your teacher will have specific instructions regarding rooms and procedures. If you have questions, please see Ms. Sanders.

## Locker Cleanout

Please note that the first half of Thursday's Focus block will be allotted for locker cleanout. All food items should be removed from the locker as well as any clothing that needs to go home for washing. The second half of the block will be for Focus as usual. Anyone who may be away for Thursday and Friday is asked to do their locker cleanout before they leave for the break.

## From Mr. Van Dyk

The Circuit Writing Club meets today in Focus. See you there!

## Model UN

We have a very important meeting on Tuesday at lunch in room 214. Please plan to attend.

## From Mme Ballam

Owen, Ilona and Ana Sofia, Cristian, Lucy and Eamon please see me in Focus today.  
Merci.

## From Sra Tate and Mme Ballam

Would those going on the France and Spain trip but missed the meeting on Friday please meet in Sra Tate's room today, Monday, for Focus. It is imperative that you be there and please bring your phones. These are: Blake, Eliana, Dilshaan, Olivia, Adriel, Aarav, Anika and Kyla. Thanks.

## Athletics News

**Basketball people:** If you are interested in continuing to play basketball post-season come to the gym during focus!

**Ultimate Frisbee Uniform Deposit:** If you have not yet done your uniform deposit (cash, cheque, or cashonline) please have it done before **practice tomorrow!**

**Senior Girls Soccer:** Reminder that for this week practice has changed to today and **Thursday** after school. Also reminder that UNIFORM DEPOSITS are due.

### **Spring League Girls Field Hockey:**

If you are interested in joining a community spring league field hockey team, please see information below. Last call for registration for the U18 and U16 Girls Spring League in Victoria. The season is completely recreational and all with their peers so it's a great way to get them some field hockey ahead of next season.

REGISTER ONLINE: <https://victoriajuniorfieldhockey.ca>

**Run dates:** April 11 - June 21

#### **15-16 year olds schedule:**

Saturday Games 11:30-1:00pm

Wednesday Practice 7:00-8:00pm

#### **17-18 year olds schedule:**

Saturday Games 1:00-2:30pm

Thursday Practice 7:00-8:00pm

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