



Acts of kindness help students engage in more compassionate ways with each other and appreciate the value of helping others. Through acts of kindness, students can build more positive relationships with their classmates. This week we challenge you to a kindness challenge: Give a compliment, share words of encouragement, smile at someone. "No act of kindness, no matter how small, is ever wasted.

Attention book club members. We will meet Friday Dec. 1st in the library at lunch to get our books and start reading!

Tritons! Tickets for the 2023 Semi Formal event are on sale now on School Cash Online! Tickets are \$20 for admission into a glamorous NIGHT IN HOLLYWOOD at Nantyr on Thursday, November 30th from 7pm-10pm! Save the date and join us for this fabulous night filled with glitz, glamour, and unforgettable memories! These tickets WILL sell out so act now and get yours before they are gone! Can't wait to see you there! **YOU WILL NEED YOUR STUDENT CARD FOR ADMISSION TO THIS EVENT, SO PLEASE REMEMBER TO BUY YOUR STUDENT CARD ON SCHOOL CASH ONLINE WITH YOUR TICKET.**

STUDENT CARDS! STUDENT CARDS! STUDENT CARDS! Still waiting to see if you need a student card before buying one? The time has come! **YOU NEED ONE** if you would like to participate in K Cup, Semi Formal, Prom, Spring Fling, or even playing on a sports team. How do you buy yours? Go onto school Cash online and order yours there! Don't miss out on the fun and get your student card today!

Do you want a chance to win three semi-formal tickets AND to support a great cause? If so... Visit the booth outside the library during lunch this week, from Tuesday, the 21st until Friday the 24th. For only \$2 a ticket, you have a chance to win three semi-formal tickets AND all the proceeds from the raffle go to the Busbee Centre transitional housing program. All are welcome for our unlimited entry. Hope to see you there!

Any girls interested in playing rugby this year please come to a meeting at the start of lunch this Friday, November 24th in Portable 6.

Any students who are interested in helping create a display in the front foyer for Christian Heritage month in December can stop by Room 241 at the beginning of lunch on Friday November 24. If you cannot make the meeting, stop by Room 241 anytime and sign up to get involved.

Attention all girls trying out for the Varsity Girls Hockey Team. We will be having our last tryout on Thursday November 23rd, that's this Thursday from 3:15-4:15pm at the IRC. Any questions please see Ms. Thomson, Ms. Enwright or Ms. Potts. See you Thursday!

For students who are interested in mental health advocacy and leadership! We are starting up a student led wellness group, which will be a group of students who will be promoting and organizing wellness and mental health initiatives around the school community. Our first meeting will be on November 24th, at lunchtime in room 210. If you have any questions, come by guidance to speak with the school social worker Kanasha.

Fron the Cafe: Ready, get set, go! Its our Black Friday Door Crasher deals in the café this week! Don't miss out on new deals for only a toonie everyday!

Today's door crusher: Dill Pickle Pasta Salad for a Toonie! Hurry it won't last long.