



**Gordon Head Middle School**  
**Thursday**  
**May 3, 2018**

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**The Hollow Log** will be closed today so that everyone can go and enjoy the **Staff vs Student Dodgeball** game today at lunch recess.

Today our PAC parent volunteers will be serving up **SUBWAY** for hot lunch.

Band 8 (block 1) and Band 7 (Block 3) are cancelled this morning.

We are fundraising to support the **International Justice Mission**: starting tomorrow at lunch we will be having a bake sale. This will continue every Friday until June 1. Please bring money to buy from the bake sale on Fridays for the next 5 weeks to support this important cause.

And on May 8th, our school will be participating in "We are Silent." This is an opportunity for us to understand how some people in other countries are treated, being unable to talk freely or voice their opinion. Throughout the day we hope you will remain silent, with the exception of lunch break where you can talk as you please, and remaining silent afterwards in block 5 for the remainder of the day.

**SPORTS:**

Badminton: Congratulations to all of the Grade 6, 7 and 8 students who did so well in the Badminton tournament over the last 3 days. Many will be going on to the Badminton City Finals on Monday, including Aland/Chris, Lauryn/Sashi and Hannah and Kai who qualified last night.

Today is the staff vs student **Dodgeball Game!** Come out at lunch to cheer on the students!

**Track and Field:**

**Grades 7 and 8 High Jump** practice today at lunch recess - please meet Mr. D. near the long jump pit.

**Ultimate Frisbee** practice today after school.

**Girls Field Hockey** at UVic today after school, 3:45 to 5:30.

**Triathlon Training** tomorrow, Friday, morning at Gordon Head Recreation Centre for our first swim session of the season! Please meet at the pool at 7:00 am. Looking forward to seeing everyone there!

**Girls Grade 6 Competitive Volleyball** practice tomorrow morning at 7:30 am.

**Grade 8 Team 4 X 100** practice has been changed to tomorrow at lunch recess.

**Boys Field Hockey** practice tomorrow at lunch recess has been cancelled.

Today is an **OUTSIDE** day - go out and enjoy the sun! It is also device free during lunch.