



Gordon Head Middle School  
Thursday  
May 10, 2018

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**The Hollow Log** will be open at lunch today. M and J are signed up to pop popcorn. C, S, A and M are signed up to help at lunch. Please bring your lunch to the Hollow Log at noon!

**Hot Lunch:** Our volunteer PAC parents will be serving up Burritos.

**Art Club** meets today at lunch recess in the art room.

**BAND:**

Concert Band 6 Field Trip today. Students meet Mrs. Blair in the music room at 11:15. Remember to bring your lunch, instrument and music.

Only the students in grade 7 and 8 participating in the marching band parade meet in the music room Block 1 for practice.

Band 7 has been canceled today.

Jazz Band meet in music room tomorrow 8:30 sharp to prepare for field trip.

**SPORTS:**

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

**Ultimate frisbee** practice is today after school. The next jamboree will be held at Lansdowne school this coming Monday. Please tell your parents because rides will be needed.

All students participating in today's Track and Field events need to be at UVic by 3:45 pm today. Ms. McAleer will be in the stands with uniforms and event stickers. Today's events are: 200 metres, 800 metres, 2000 metres, for all. For girls (grade 6/7/8): Long Jump and Shot Put. For Boys (grade 6/7/8): Discus and High Jump

We will be having a short **Shot put** practice today @ NUTRITION BREAK. Yes, that's NUTRITION BREAK. Girls will be competing in shot put at today's track meet @ UVIC.

**Discus** practice will be @ lunch today. Please meet Ms. Weissig outside promptly at the start of lunch recess, as we will be heading to Lambrick Park to practice.

**Triathlon club swim** practice tomorrow at Gordon Head Rec Centre. Please meet at the pool at 6:50 am so you have time to get changed before our practice starts.

Tomorrow, we will be hosting the Elementary Rugby Tournament. Therefore, the fields and portion of the gym are not available to GHMS students.