



Gordon Head Middle School

Tuesday

November 1, 2022

- Did you know that students your age need an average of 9-12 hours of sleep per 24 hrs? If you wake up at 7am that means going to bed at 9pm would be 10 hrs sleep. Try to notice how much sleep you're getting – is it enough?
- Basketball practice today is for grade 6/7 girls rec. at lunch.
- Good luck to our grade 7 competitive boys (home game) and our grade 6/7 girls rec. team (Bayside), who are having games today. Scorekeepers on the Tuesday list, please see Mrs. Adamson at nutrition break to determine who can come.
- Chess club is today at lunch in the library after eating time.
- "Math Challengers" club today is in the library after school at 3:30.
- We have been noticing many students wandering the halls at nutrition break and lunch break. Unless it is an inside day, or if you are the grade invited into the gathering space at lunch, please remember to dress for the weather and stay out of the halls (ie. Go outdoors). If you need to come in to use the washroom, please use the door closest to the washroom to enter and leave.
- Gathering space use is for grade 7s at lunch today.