



**Gordon Head Middle School**  
**Wednesday**  
**May 8, 2024**

- Open gym is for grade 7 today.
- Today is Walking Wednesday! Physical activity and being in nature has an immediate and positive effect on our mental health. Enjoy your beautiful city!
- Tomorrow's hot lunch is pizza. Please check the order list with your teacher today if you are unsure whether you have an order coming.
- Remember that tomorrow is Pokemon and magic club, so bring your cards with you. You will meet in the home ec. room.
- There will be no advanced strings today.
- Congratulations to our musicians who participated in the Orchestra Finale last night. Over 750 musicians from across the district performed in a concert featuring beginner, intermediate and senior violinists, cellists and bassists. The performance was a huge success! Well done to Ms. Blair also who, through her amazing work ethic, leads our musicians to greatness.
- Boys signed up for discus and girls signed up for shot put have practice at lunch today. Please bring your lunches to the gym at the bell. This is an important practice so please do not miss it.
- After school there is a running event practice for anyone signed up for the 200, 800 and 2000m races. We will continue with 100m and begin relays next Monday. Please meet on the field at 3pm ready to go. If you are wanting to participate in these events at tomorrow's track meet at UVic, you will need to come to this practice.