



Gordon Head Middle School

Monday

September 8, 2025

- Division 10, Ms. Smith 's class is responsible for grounds clean up this week. Thank you for looking after our outside areas.
- **It's Mental Health Monday! Here is today's Mental Health tip:** *Talk about your feelings - because yelling at your cereal doesn't count as therapy! Talking can lighten the load, so talk to a trusted adult. Come see Ms. Myles anytime!*
- We will host our first Broadcast Leader's meeting today at lunch break in the art room. If you are interested in doing announcements and helping at our assemblies, please come after you have finished eating to the art room to meet Mrs. Adamson for more information.
- There will be a cross country meeting today at lunch with Mrs. Clark and Mr. Owen for those interested in finding out what middle school cross country is all about. All are welcome and we would love to see you in the gathering space today after you've eaten.
- Band schedule for today: Tomorrow morning is Jazz Band starting at 7:45, Choir this week is Wednesday before school.