



Gordon Head Middle School

Monday

September 15, 2025

- Division 11, Ms. Lamond '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:** *Write in a journal or diary - it's like gossiping with yourself, but nobody gets offended. Plus, you'll feel better for having expressed your feelings.*
- GSA Club meets today at lunch in the library. GSA is a safe place for everyone to hang out, have fun and sometimes learn new things about the 2SLGBTQ+ community. If you'd like to give it a try, we'd love to see you. Please bring your lunch with you to the library right at the beginning of the eating period of lunch break.
- Today is our Terry Fox School Run in block 5 and 6. To prepare for this, you are invited to pop by the gathering space display and fill out a sticker of who you will be running for. Many of us have been affected by cancer and this is a good way to honour the person(s) in your life. We will be meeting in the gym in block 5. All students, please return to your class after lunch and wait for a call down.
- Cross country team, please meet Mr. Owen and Mrs. Clark in the gathering space during nutrition break to talk about the Terry Fox Run.