



Gordon Head Middle School

Monday

September 29, 2025

- Division 13, Ms. Racansky'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: *Practice mindfulness - Pretend you're a peaceful potato for five minutes. Breathe in, breathe out, breathe in, breathe out, breathe in, breathe out. Ahh, much better.*
- Coding Club meets this Wednesday after school in Ms. Lamond's room.
- GSA Club meets today at lunch in the library right after the first bell. New members are welcome to join.
- Today's field trip to Mt. Doug/PKOLS has been cancelled due to the weather.