



Gordon Head Middle School

Monday

October 6, 2025

- Division 14, Mr. Thurbide'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: *Learn to say no. "No" is a complete sentence and it's okay to say no when something doesn't feel right.*
- If you are a grade 8 student who registered for 'B You', the group begins today and will meet in the art room at 10:35am. Please head to the art room right after nutrition break."
- Math Challengers will meet on Tuesday after school in the library. This is a great club for anyone who likes math puzzles and finding different ways to show what they know. See Ms. Aerts if you have questions.
- 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 always welcome!
- Today is our first basketball practice for 6/7 boys comp. team #2. All team rosters are posted by the front doors near the office. If you are not sure which team you are starting on or what your practice/tryout times are, come see the charts or see Mrs. Adamson. These are not final teams. Many will have tryouts and some students may shift to other teams. If you are planning to participate in basketball season this year please remember to return your "school player code of conduct" form to the office before your first practice.
- Tomorrow at lunch there will be a cross country practice. Bring your runners and your lunch to the gym before you eat and we will go for a run. That's it for today, have a great day gordon head!