



**Gordon Head Middle School**

**Monday**

**October 20, 2025**

- Division 1, Mr. Owen's class, is responsible for grounds clean up this week. Thank you for looking after our outside areas.
- Mr G. and Mrs. Adamson want to give a huge shout out to all of you for your Grizzly School Spirit at our Gathering on Thursday. The cheering for Max made us so proud. Way to go Max, you did it!
- It's Mental Health Monday! Here is today's Mental Health tip: *"Challenge your negative thoughts. Roast them like you're on a comedy show. 'Nice try Brain. Not today. Not going down that path, thanks anyways."*
- If you are a grade 8 student who registered for 'B You', the group will meet in the home ec. room at 10:35. Please head to the home ec. room right after nutrition break.
- The Book Fair starts today and will run until Wednesday in the Library. Unfortunately, we don't have room to welcome the whole school to see it right away so we're going to start with inviting Div. 7 to come in at Nutrition Break and Divs. 2 & 3 to come in at lunch after the eating period. If you're not in one of these classes, don't worry, all other divisions should get a chance to visit the fair during their regular library times this week. Purchases can be made at break times and before or after school.
- GSA Club will not have an official meeting today due to the book fair in the library but any members that want to come for some social time are welcome - bring your lunch down after the lunch bell.
- Today is our first home game of basketball. Our grade 8 boys play after school. Please come right away to the gym, at the bell to help set up. Our scorekeepers for today are Milla, Cashus, Sasha and Leah. If you are interested in scorekeeping, please come see the athletic board to sign up on a blank spot or see Mrs. Adamson to learn more. Today at lunch our 6/7 girls comp. team has practice.