



THE GRIZZLY GAZETTE

November 14, 2025

Happy Friday Everyone!

Greetings, Gordon Head Families. We have had another great week at GHMS.

Basketball season is coming to an end with final games next week and playoffs starting for our competitive teams.

Another gentle reminder for parents to please help reinforce the need for students to dress appropriately for spending time outside during breaks at school. It always amazes us how many students are walking around outside in the rain, wearing t-shirts and sometimes even socks and sandals. Thanks everyone.

We wish you all a fantastic weekend.

Your Admin Team

In This Weeks Gazzette

- Upcoming Sports/ Meetings
- Energy Drinks
- Library News
- PAC News
- Community Opportunities

Thursday
November
20

PAC Meeting

Friday
November
21

Pro D Day
No students at the
school.

Tuesday
December
2

CC Afternoon
(12:00 Early Dismissal)



Clubs and Meetings

- GSA Club - **Mondays** in the library
- Math Challengers - **Tuesdays**, after school, in the library
- Musical Theatre - **Tues and Fri** @ lunch and **Wed** after school
- Dance Ensemble - **Wednesdays** @ lunch
- Coding Club - **Wednesdays**, after school
- Library Club - **Wednesdays** in the library
- Pokemon and Magic Club - **Thursdays** @ lunch
- Chess Club - **Fridays** @ lunch

Upcoming Sports - Games and Practices

Basketball Practices

- 8 Boys Comp **Tuesday @ lunch**
- 6/7 Boys Comp #1 **Wed @ lunch**
- 6/7 Boys Comp #2 **Monday 3:00 and Wednesday @ lunch**
- 6/7 Boys Comp #3 **Monday 3:00**
- 6/7 Girls Comp **Monday & Wednesday 7:30am - 8:30am**
- 6/7 Girls Recreational **Monday & Lunch**

Basketball Games

- Girls 6/7 Comp **Wednesday Nov 19th** @ Royal Oak 3:45
- Girls 6/7 Rec **Tuesday Nov 18th** @ Arbutus
- Boys 6/7 Comp #1 **Thurs Nov 20th** @ GHMS vs Glanford 5:00
- Boys 6/7 Comp #2 **Thurs Nov 20th** @ GHMS vs Colquitz 3:45
- Boys 6 Comp #3 **Thurs Nov 25th** @ Centre Mountain Lellum 3:45
- Boys 8 Comp **Mon Nov 17th** @ St. Andrews 5:00

Caffeinated energy drinks:

We are asking for your help with an unfortunate rise in the popularity of energy drinks amongst students. Staff are noticing that more and more students are bringing energy drinks to school and wanting to drink them in class. There are many "energy drink" products currently sold in Canada. They are available in corner stores, gas stations and grocery stores usually displayed alongside soft drinks, juices and sports drinks. Some of the brand names include, but are not limited to:

- Red Bull Energy Drink
- Impulse Energy Drink
- 5 -hour ENERGY
- Prime
- Monster
- Rockstar
- SoBe Adrenaline Rush
- YJ Stinger



There is a misconception that these drinks quench your thirst and rehydrate your body after periods of intense physical activity but rather than re-hydrate your body, these drinks may actually lead to dehydration. There is also a concern that high sugar snacks and drinks can produce short bursts of energy (lasting 15 – 20 minutes only) but are often followed by a drop in blood sugar and a drop in energy. This drop leaves people feeling tired and irritable, making it difficult to concentrate. These energy drinks are also high in caffeine and may cause adverse reactions as noted on the Health Canada Website and **are not recommended for children under 14**. <http://recalls-rappels.canada.ca/en/alert-recall/caffeinated-energy-drinks-what-you-should-know/>

Health professionals agree that water is the best choice to keep children hydrated. The next best choices are milk, calcium fortified beverages such as soy or rice milk or 100% fruit or vegetable juices.

Please make sure that your children do not bring energy drinks to school and, as a policy, we will ask them to put them away until the end of the day if they bring them to school.

Thank you all for your support with this challenge.

Gordon Head Grizzly Gear

Last chance to order Grizzly Gear. The order site closes on Sunday.

Here is the store link to order this year's Grizzly Clothing.

The store will be **closing Sunday, November 16th.**

All orders will arrive before Winter Break.

(Please note that the order website provides both youth and adult sizing.)

[Click Here](#)

Youth

[View Category Page](#)



YOUTH Navy Gildan Ultra Cotton T-Shirt

\$20.00



YOUTH Sport Grey Gildan Ultra Cotton T-Shirt

\$20.00



YOUTH Navy Gildan Heavy Blend Hooded Sweatshirt

\$35.00



YOUTH Sport Grey Gildan Heavy Blend Hooded Sweatshirt

\$35.00



YOUTH GRAD26 Navy Gildan Heavy Blend Hooded Sweatshirt

\$42.00



YOUTH GRAD26 Sport Grey Gildan Heavy Blend Hooded Sweatshirt

\$42.00



LiBRARY NEWS

NOVEMBER 2025

NEWS

BookFairupdate

THANK YOU to everyone who supported the Scholastic Book Fair! Lots of fun was had, and we were able to add quite a few new books to our collection.



Non-fiction update

Students and staff have been getting used to the new organization of the non-fiction collection. Feedback has been positive!

We are still fine-tuning some of our labelling and signage so there will be minor changes to come.



Come check out our November displays!

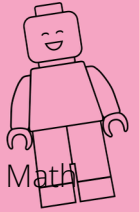
- Hindu Heritage Month
- Remembrance Day
- New Books
- Transgender Day of Remembrance



CLUB REMINDERS

Check out these **FUN** clubs in the library at lunch:

- **Monday** - GSA Club
- **Tuesday** - Lego Club
- **Tuesdays after school** - Math Challengers
- **Wednesday** - Library Club
- **Thursday** - Battle of the Books
- **Friday** - Chess Club



OCTOBER STATS

- 1833 books checked out incl.:
 - 635 fiction novels
 - 477 graphic novels
 - 230 manga books
- Lionel Messi was the top biography!



IT'S HERE!



NEW
ARRIVAL



PAC News

Our next PAC meeting will be on **Thursday, November 20th**, at **7:00pm**, in the Library.



Pizza & Games
for Kids

BUILDING BELONGING: A COMMUNITY CONVERSATION ON INCLUSIVE EDUCATION

PRESENTED BY VCPAC *District Parent Advisory Council for SD #61*

Join Victoria Confederation of Parent Advisory Councils (VCPAC) and community partners to explore inclusive education in BC schools. Students, parents and caregivers in SD61 welcome at this free event.

- ✓ What inclusive education means in BC schools today from School District #61
- ✓ Family perspectives and navigating challenges with Family Support Institute
- ✓ Teachers' insights on inclusive classrooms and partnerships home and school
- ✓ Open Q&A to share your questions and experiences



SIGN UP

<https://forms.gle/W3AT6k8f8Nn8EsGW7>



27 NOVEMBER, 2025
06:45PM - 8:30PM



OAK BAY HIGH SCHOOL
2121 Cadboro Bay Rd

DOORS OPEN AT 6:15PM, PRESENTERS BEGIN AT 6:45PM

Community
OPPORTUNITIES



AFTER SCHOOL DROP IN

September 8 - December 19



10 - 17yrs



Gordon Head Rec Centre
- Youth Centre



FREE



Mon-Thur 3:00-5:00pm
Fri *1:30-5:00pm

Get in Touch



250 457 7111



Shannon.Phelps@saanich.ca



Gordon Head Recreation Centre
4100 Lambrick Way
Victoria, BC V8N 5R3



REGISTER NOW



The Youth Centre

at Gordon Head Recreation Centre

10YRS+

Come join us!

4100 Lambrick Way | 250-475-7100

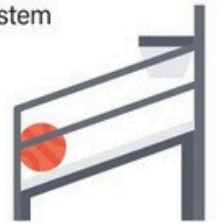


Amenities

- Kitchen & Dining area
- Pool table
- Outdoor ping pong



- Basketball arcade game
- PS5 gaming system
- 65" TV
- Board Games



Schools and neighbourhood served

- Lambrick Park Secondary School
- Reynolds Secondary School
- Mount Douglas Secondary School
- Gordon Head Middle School
- Cedar Hill Middle School
- Doncaster Elementary School
- Torquay Elementary School
- Braefoot Elementary School
- Campus View Elementary School



Check out our
FAQ's

Funding Support

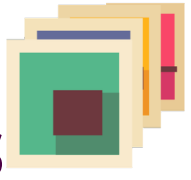


All Saanich youth programs are inclusive



Gordon Head Recreation Centre Weekly Youth Centre Schedule - Fall

REMINDER
The Youth Centre is **CLOSED**
on Pro D Days and Holidays

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AFTER SCHOOL DROP-IN 3-5pm FREE 	AFTER SCHOOL DROP-IN 3-5pm FREE	AFTER SCHOOL DROP-IN 3-5pm FREE 	AFTER SCHOOL DROP-IN 3-5pm FREE	AFTER SCHOOL DROP-IN 1:30-5pm FREE	SPORTS NIGHT @GHMS 4:30-6pm #145076, \$45 	BIRTHDAY PARTIES AND ROOM RENTALS 
2SLGBTQIA+ SOCIAL 6-8pm #145333 FREE 	CRAFTERS & BAKERS 8PM #145054, \$55 	GAMES & SWIM 6-8pm #145058, \$45 	FitTok THURSDAYS 6-8PM #146754, \$40 	FRIDAY NIGHT SOCIAL! 5-9PM 	SPORTS NIGHT @GHMS 6:15-7:45pm #145084, \$45 	
	ROCK CLIMBING @CARSA 7-8:30pm #146942, \$320 					

SPECIAL FRIDAY NIGHT EVENTS



 **YOUTH FALL FEST PARTY + PIZZA!**
SEPTEMBER 26
\$12



 **YOUTH HALLOWEEN MOVIE, PJS & PIZZA PARTY**
\$15



 **YOUTH NEON GLOW PARTY & PIZZA!**
NOVEMBER 14
\$12



 **YOUTH UGLY HOLIDAY SWEATER PARTY & PIZZA!**
DECEMBER 12
\$12



Interested in more?
View all Saanich
Youth offerings here!

***Friday Night Social does not run during Fall Special Events**

Looking for a fun way to kick off your weekend? Swing by our supervised Friday Night Social Drop-In at Gordon Head Recreation Centre — a free, casual hangout where you can chill with friends, meet new people, and dive into a variety of awesome activities.

Dinner included!



Sports and fitness

 Scan me!



Scan me!



Advanced aquatics



Scan me!

FITTOK THURSDAYS - Have fun tackling obstacle courses, team relays, yoga and TikTok like dances—every week brings a new way to get moving, build strength, and boost energy. After the action, we cool down with guided mindfulness exercises, creative journaling, confidence-building discussions, and breathing techniques.
Thursdays, 6-8pm.

#146754, \$40

