



Gordon Head Middle School

Monday

February 9, 2026

- Division 15, Ms. Meredith's class, is responsible for grounds clean up this week. Thank you for looking after our outside areas.
- GSA Club meets today in the library at lunch, right after the bell. All members coming on our field trip this week need to attend or see Ms. Aerts if you can't make it.
- **It's Mental Health Monday! Here is today's Mental Health tip:** *Self-care isn't selfish... you can't pour from an empty cup. Fill yours first, even if it's with bubble tea and deep breaths.*
- Grade 7 girls who enrolled in 'B You', please meet in the home ec. room today at 1:25pm. Have fun!
- Lahal practice is happening in the dance/drama room at lunch recess. This will be our final practice before our Lahal tournament on Thursday.
- Grade 7/8 boys volleyball players, please come to Mrs. Clark's room for a quick meeting after the eating portion of lunch to get your jerseys and plan rides for today's game at SMUS.