



Gordon Head Middle School

Monday

March 30, 2026

- Division 5, Ms. Brach'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:** *Make a "Feel-Good" playlist and pretend you're in a music video. You're the star. The world is your stage. Your toothbrush is your mic.*
- GSA Club meets today after the lunch eating period.
- Mr. D. would like to meet with the grade 7 girls competitive volleyball team in his room at nutrition break today.
- Field hockey trials will be tomorrow and Thursday after school from 3:00-4:15. New players are welcome if you missed the sign up.
- All rugby players will have their first practice tomorrow after school in the back field and another practice on Thursday. Please bring cleats and mouthguards if you have them. If you missed sign up, please see Mrs. Adamson anytime today.
- All competitive badminton players have their first practice tomorrow morning at 7:30.
- Grade 6 comp. girls and boys volleyball teams have their wrap up party after school on Wednesday this week.