



Gordon Head Middle School

Monday

April 13, 2026

- Division 7, Mr. D.'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:** *Name your stress something silly like "Captain Crankyface". It is way less scary to say, "Ugh, Captain Crankyface is back" than "I'm overwhelmed." Bonus: it might make you laugh!*
- GSA Club meets today after the lunch eating period.
- Battle of the Books Team, we do not have a meeting today but please stop by the library to see Ms. Aerts or Ms. Sheyka at some point today.
- Reminder of the special lunch party with Tanya today in the home ec. room. Those students who got an invitation, please come right away at the start of lunch.
- Math Challengers, remember that practice sessions are restarting tomorrow after school.
- Today after school, all girls and grade 8 boys have rugby practice. Please notice this change, grade 8 boys. You will NOT have practice tomorrow, instead it will be today with Piper.
- **Badminton** this week is as follows:
- Grade 6 comp. playoffs are at lunch on Tuesday, grade 7 comp. playoffs are at lunch on Wednesday and grade 8 playoffs are at lunch on Thursday. Rec. badminton will be at lunch on Friday.