



Gordon Head Middle School

Monday

April 20, 2026

- Division 8, Ms. Nelson'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 Quote: "Don't let what you cannot do interfere with what you CAN do." - John Wooden
- **GSA Club** meets today after the eating period.
- Battle of the Books team, remember that we have a very important meeting at lunch after the eating period for all members who are going to the school board presentation tonight.
- Grade 8 boys and all girls rugby players have practice after school today at 3:00.
- Comp. badminton players practices and games schedule is as follows; tomorrow morning at 7:30 and Wednesday and Thursday at lunch we practice and we host our final exhibition games after school tomorrow against Maria Montessori, AND our final rec. players at lunch next Friday.
- Track and Field practices start this week. Every day there is a new event, so please pay attention to the announcements or come read the plan on the athletic board. If you are interested in long jump, please meet at the start of lunch (with your lunch) at the long jump pit. Tomorrow is boys relay, Wednesday is ball throw and discus, Thursday is girls relay and Friday is high jump.