



Gordon Head Middle School

Monday

June 1, 2026

- Division 14 Mr. Thurbide'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:** *I tried doing homework, texting, and petting my dog at the same time. I ended up emailing my teacher 'Who's a fluffy genius?' Multitasking sounds cool but sometimes turns into accidental chaos.*
- This Friday, June 5th is FREEZIE FRIDAY at lunch time. Cool down and fuel up for \$2.
- Congratulations to Anna O. who is the city champion in 2000 m. If you were part of a relay team and went to UVIC last week, please meet Mrs. Adamson at nutrition break in the gathering space. All other city finalists competing in all other events, please meet Mrs. Adamson one more time to prepare our list of who is going on Wednesday. Please meet today at lunch in the gathering space after you have eaten.
- With all sports coming to a close, we are now able to host "open gym time with Darren." Mondays will be for grade 6s, Wednesdays for grade 7s and Fridays for grade 8s. If you are interested in coming to the gym for volleyball, badminton or hockey, you **MUST** exit through your outside doors, come around the school then enter by the music doors. You must also decide in the first 10 minutes of your plan. You cannot play outdoors or be at another club then change your mind and wander in.