



THE GRIZZLY GAZETTE

September 25, 2026

Happy Friday, Everyone!

Greetings, Gordon Head Families. It has been another great week for the Grizzlies. Clubs and sports are up and running, so please make sure students are passing along all permission forms required to participate and remind them to listen during announcements for information regarding sports or clubs each day. Included in every Gazette will be a weekly calendar of sports so you can help facilitate involvement and attend games when possible.

Also included in this Gazette are instructions for how to order Fun Lunches and an invitation to an upcoming presentation on youth mental health, hosted by the Arbutus PAC.

In This Week's Gazette

- Fun Lunches/ Parking
- Parent Connect Portal
- Clubs and Athletics
- PAC News
- Adolescent Mental Health Presentation



**Monday
September
28**

**Photo Day
for all students**

**Wednesday
September
30**

**National Day
For Truth and
Reconciliation
(No school)**

**Thursday
October
15**

**PAC Meeting
7:00pm**

**Tues-Wed
October 27 &
28**

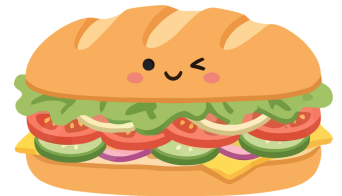
**Parent Teacher
Interviews**



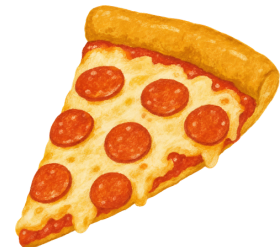
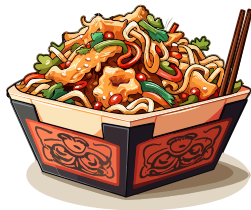
Hot lunch ordering is open now for Oct-Jan.

Fun Lunches are an incredibly important fundraiser for our Gordon Head PAC and are slated to start the first week of October. Fun lunches are optional and paid for by individual families with proceeds going to support all the amazing things we do here at GHMS. In order to register your child, please use the following link:

<http://gordonhead.hotlunches.net/>



Fun lunches are offered every Friday (with the exception of a few Thursdays due to Friday Pro-D days) and will begin the first week of October. All families must register for a new account, even if you are a returning family.



Staff Parking Lot

A gentle yet important reminder to families to not enter the staff parking lot to pickup or drop off students unless arrangements have been made with the school for specific exemptions. We've had near accidents in the past and need your help in keeping our students and staff safe. Thank you to everyone for your understanding.



Parent Connect Portal

As many of you will already know, the parent connect portal is the main method for parents to connect to the school and school district to share and receive information about their children's learning as well as grant permissions for student involvement at school. This portal gives parents access to learning updates and all consent documents.

The following forms are managed by the portal and only need to be completed once:

- Consent for Online Digital Tools
- Personal Information Consent (Outside Media, School Yearbook, School/District Media/Websites)
- Student Technology Use
- General Field Trip Permission Forms

Each year, parents are required to complete the **Student Verification** form to ensure that all information in the school data based system is up to date. This form was traditionally sent home on paper but we are now able to have parents make necessary changes online through the Parent Connect Portal. Parents/Guardians will click on the 'student verification' link on the portal. The form will prepopulate with as much information from MyEd as is available in the data extracts. The Parent/Guardian will need to fill out the rest. The form will only prepopulate with the Parent/Guardian information of the parent/guardian filling out the form. Parents/Guardians will need to manually add any other Parents/Guardians as well as emergency contacts. File upload buttons are available for court order, immigration and address change documents. A verification form for a student only needs to be submitted by one Parent/Guardian. Additional updates can be made by any Parent/Guardian at any time. The submission button will be found at the bottom of the form.

[Parent Connect Portal Access](#)

[Parent Connect Portal Instructions](#)

Clubs and Meetings

- Mellow Monday – **Monday** in the Library a calm, quiet place to really get into books 
- Lego Club – **Tuesday** at Lunch after the eating period 
- GSA Club – **Wednesdays** in the library a calm, quiet place to really get into books **LGBTQ+**
- Coding Club – Starts **Wednesdays, October 7th** 3–4:30 in Ms. Lamonds room – ***Students must sign up be September 30th*** 
- Dance Club – **TBA** 
- Pokemon /Magic/ D&D Club – **Thursdays** @ lunch



Upcoming Sports

Monday, September 28th – Friday, October 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School			National Day for Truth and Reconciliation		
Nutrition Break	Soccer Meeting				
Lunch	X-Country Practice	X-Country Practice			
	Basketball Sign-Up				
After School	Soccer @ Arbutus Middle School			X-Country Race @ UVic	



GORDON HEAD ATHLETICS

2026/27 Sport Seasons

As we get organized for the first sport seasons of the year, we've outlined below the sports we hope to offer at Gordon Head this school year, along with when each season officially starts and ends.

Two things to note:

1. Sign-ups and practices usually start a couple of weeks before a season's start date, since that is typically when games between schools begin. Please make sure your child is listening to the morning announcements so they don't miss out!
2. Each season depends on having enough students and coaches. If we don't have enough student sign-ups or coaching support, we may not be able to offer a particular sport. Please talk with your child(ren) about which sports interest them. If you, or someone you know, would be interested in helping coach a team this year, please let Mr. Owen (jowen@sd61.bc.ca) or Mr. Hotchin (jhotchin@sd61.bc.ca) know.

Season	Sport	Season Starts	Season Ends	Staff Contact
Fall	Soccer	Sept 21	Oct 5	jowen@sd61.bc.ca
Fall	Ultimate	Sept 23	Oct 14	jhotchin@sd61.bc.ca
Fall	Cross Country	Sept 24	Oct 8	cclark@sd61.bc.ca
Winter	Basketball	Oct 19	Dec 3	jhotchin@sd61.bc.ca
Winter	Volleyball	Jan 18	Mar 8	jowen@sd61.bc.ca
Spring	Badminton	Apr 7	May 3	jowen@sd61.bc.ca
Spring	Field Hockey	Apr 8	May 3	jross@sd61.bc.ca
Spring	Rugby	Apr 13	May 20	jhotchin@sd61.bc.ca
Spring	Track & Field	May 6	June 2	jhotchin@sd61.bc.ca

Dates follow the district athletics calendar and may shift slightly. Please watch the announcements and future Gazettes for updates.

Thanks for your support, and we look forward to a great year of Gordon Head sports!

Mr. Owen & Mr. Hotchin

Friday Fun Lunches PAC fundraiser

Fun Lunches are an incredibly important fundraiser for our Gordon Head PAC and are slated to start the first week of October. Fun lunches are optional and paid for by individual families with proceeds going to support all the amazing things we do here at GHMS. In order to register your child, please use the following link:

<http://gordonhead.hotlunches.net/>

Fun lunches are offered every Friday (with the exception of a few Thursdays due to Friday Pro-D days) and will begin the first week of October.

All families must register for a new account, even if you are a returning family.

Hot lunch ordering is open now for Oct-Jan.

PAC Roles Still Needed:

- Fun Lunch Volunteers
- Fundraising Coordinator
- Grade 8 Fundraising/Planning Committee Lead

Upcoming Meeting dates:

Oct 15: 7-8pm

Nov 19: 7-8pm

Dec 17: 7-8pm

If you are interested in taking part in this worthwhile program or have questions regarding the duties and requirements of these roles, please contact Julie at ghmspac@gmail.com

Celebrating 2025-2026 PAC Accomplishments

The PAC funded the following initiatives and events, to support and enrich GHMS's learning environment:

- Classroom funds of **\$ 9500** (\$25 per student x 380 students)
- Field Trip funds of **\$3,800** (\$10 per student).
- **\$2800** to support Exploratories: Woodworking, Outdoor Education, Foods/Sewing, Dance, Drama, Arts, and Music.
- **\$750** towards Sexual Health educators from Island Sexual Health.
- **\$1,000** towards visiting presenters including NEED2 Suicide Prevention Education Support, the White Hatter Digital Literacy and Internet Safety.
- **\$1,000** towards athletics including the middle school sports association membership.
- **\$700** contribution to school staff appreciation lunch
- **\$7289** towards Chromebooks

Gaming funds of **\$13,431**:

- **\$1,000** for the library – approx. 50 books purchased
- **\$1,000** for technology – What in the World website and IXL yearly subscriptions
- **\$1,000** for Arts – Presentation
- **\$540** towards balls used for recess (soccer, volleyball, basketball)
- **\$1,000** towards Grade 7 Salish Sea Field Trip
- **\$4800** towards the purchase of 2 Tech Packages
- **\$500** for clubs operating outside of the curriculum including Pokemon and Magic, Chess, Library Clubs.
- **\$1052** towards the purchase of rugby Jerseys
- **\$739** towards Soccer balls
- **\$1800** Camp Imadene buses

Supporting Adolescent Mental Health in a Digital World An Invitation from the Arbutus PAC

The Arbutus Parent Advisory Council (PAC) is pleased to invite **interested parents from all of the middle schools** in the Greater Victoria School District to the following Parent Education Evening hosted at Arbutus Global Middle School:

Topic: Supporting Adolescent Mental Health in a Digital World

Presenter & Description: Julie-Anne Richards is a Registered Clinical Counselor and dynamic speaker, renowned for her highly informative, practical, engaging (and humorous) presentations to adults around supporting young people's mental health, especially with the challenges of the increasingly online world in which our youth are living.

Date & Time: Tuesday, October 6th from 6:30 to 8:30 PM including time for questions

Location: Arbutus Global Middle School (2306 Edgelow Street) in the school cafeteria

NOTE: Space is limited; while there is no cost, **participants must pre-register** via our online registration – click October 2026 [Parent Education REGISTRATION LINK](#) – and registrations will be accepted on a first-come first-serve basis until we reach capacity. Please see the flyer below and speaker promo image for further information.

How can families support healthy development in a world of smartphones, social media, and AI? This engaging session shares current research and practical, evidence-based strategies to help foster wellness, resilience, balance, and digital wellbeing.

Arbutus Global Middle School PAC is pleased to host this presentation for interested parents/caregivers from all 10 Middle Schools in the Greater Victoria School District

Supporting Adolescent Mental Health in a Digital World

with Registered Clinical Counsellor

Julie-Anne Richards

M.A., R.C.C., C.C.C., www.JulieAnneRichards.com



Julie-Anne Richards, M.A., R.C.C., C.C.C., is a seasoned clinical counsellor, educator, and dynamic speaker with more than 25 years of experience in mental health and education. She brings extensive experience working with children, adolescents, parents, and schools, translating psychological research into practical strategies for supporting young people's mental health. Known for her warmth, humour, and engaging style, Julie-Anne helps audiences understand the challenges young people face in an increasingly digital and connected world.

Arbutus Global Middle School

**in the Cafeteria
2306 Edgelow St, Victoria
Tuesday, October 6, 2026
6:30 to 8:30 pm**

No charge, but pre-[registration on a first-come first-serve basis is required.](#)

To register, click [October 2026 Parent Education REGISTRATION LINK](#)