



# THE GRIZZLY GAZETTE

**October 9, 2026**

## Happy Friday, Everyone!

Greetings, Gordon Head Families. It has been another great week for the Grizzlies. A big thank you to everyone who volunteered to help coach basketball. We look forward to some great moments this season.

Thank you to all the Parent/Grandparent volunteers who came to help sort and hand out Pizza today for our Friday Fun Lunch.

I hope everyone has a wonderful Thanksgiving long weekend.

### In This Week's Gazette

- Math Challengers/ Fun Lunches
- Parent Connect Portal
- Clubs and Athletics
- PAC News
- Community Opportunities



**Wednesday  
October 14**

**Retake day for  
photos**

**Thursday  
October 15**

**PAC Meeting  
7:00pm**

**Tues-Wed  
October 27 &  
28**

**Parent Teacher  
Interviews**

**Wednesday  
November 11**

**Remembrance  
Day**

## **Math Challengers – Starts Next Week October 13th**

Math Challengers is an enrichment, coaching and competition program that promotes mathematics achievement among students in grades 8, 9 and 10 by

- [i] challenging students with stimulating and thought-provoking questions, and
- [ii] having school math teams compete with each other at local, regional and provincial tournaments.

The program builds skills, promotes strategic problem-solving, and exposes students to complex problems that require creativity and persistence in order to be solved -- all a critical part of our increasingly technological society. Moreover, it provides an opportunity to bring 8th, 9th, and 10th graders together to promote a lively exchange of mathematical ideas through competition.

Math Challengers is coached by Student Leaders from Mt. Douglas High School and overseen by Neil Johnson.

The Program runs every Tuesday after School from 3:15–4:30 in the Library

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## **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.



## 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 - **Mondays** in the Library at lunch after the eating period. A calm, quiet place to really get into books 

◦ Lego Club - **Tuesday** at Lunch after the eating period

◦ GSA Club - **Wednesdays** in the library, at lunch after the eating period. A social club for 2SLGBTQ+ folks and their allies 

◦ Coding Club - Starts **Wednesdays, October 7<sup>th</sup>** 3-4:30 in Ms. Lamonds room - **Students must sign up by September 30<sup>th</sup>** 

◦ Dance Club - Group 1: **Fridays** at the Lunch hour  
Group 2: Wednesdays after school 3 to 3:30pm

◦ Pokemon /Magic/ D&D Club - **Thursdays** @ lunch in the art room 

◦ Chess Club - **Fridays** at lunch in the Library after the eating period.

## Upcoming Sports

Monday, October 12<sup>th</sup> – Friday, October 16<sup>th</sup>

|                                          | Monday                                  | Tuesday                          | Wednesday                                                               | Thursday                       | Friday                                                             |
|------------------------------------------|-----------------------------------------|----------------------------------|-------------------------------------------------------------------------|--------------------------------|--------------------------------------------------------------------|
| Before School<br>(Starting at 7:45 a.m.) | Grade 7/8 Boys COMP Basketball (Kierat) |                                  | Grade 8 Boys COMP Basketball (Joshua Barry)                             | Girls 6/7 Comp (Nicole Mackie) |                                                                    |
| Nutrition Break                          |                                         |                                  |                                                                         |                                |                                                                    |
| Lunch                                    |                                         |                                  | Grade 6/7 Boys Rec (Alexis & Madouna)<br>Boys 7/8, COMP (Joshua & Rees) |                                |                                                                    |
| After School                             |                                         | Grade 8 Boys COMP (Joshua Barry) |                                                                         |                                | Grade 7 Boys COMP (Kierat)<br>Grade 8 Boys COMP Practice if needed |

## **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, November 3rd 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 Nov 3rd Parent Education Event – and registrations will be accepted on a first-come first-serve basis until we reach capacity. Please see the flyer below 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](http://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, November 3, 2026**

**6:30 to 8:30 pm**

**No charge, but pre-registration on a first-come first-serve basis is required.**

**To register, click [Nov 3rd Parent Education Event](#)**



# AFTER SCHOOL DROP IN

September 23 - June 4, 2026



10 - 17yrs



Gordon Head  
YouthCentre



FREE



MON/WED 3:00-5:00PM  
FRIDAYS 1:30-5:00PM

*\*Closed Tue/Thu, Pro D Days and Holidays*

## Get in Touch



250 457 7111



[Shannon.Phelps@saanich.ca](mailto:Shannon.Phelps@saanich.ca)



Gordon Head Recreation Centre  
4100 Lambrick Way  
Victoria, BC V8N 5R3



REGISTER NOW



## The Youth Centre

at Gordon Head Recreation Centre

10YRS+



## Come join us!

4100 Lambrick Way | 250-475-7100



### Amenities

- Kitchen & Dining area
- Pool table
- Indoor ping pong
- Outdoor ping pong
- PS5 gaming system
- 65" TV
- Sports equipment
- Board games and card games
- Arts and crafts



### Schools and neighbourhoods served

- Lambrick Park Secondary School
- Reynolds Secondary School
- Mount Douglas Secondary School
- Gordon Head Middle School
- Arbutus Global Middle School
- Cedar Hill Middle School
- Braefoot Elementary School
- Hillcrest Elementary School
- Doncaster Elementary School
- Torquay Elementary School
- Campus View Elementary School
- Lochside Elementary School



Check out our

**FAQ's**

Funding Support



All Saanich youth programs are inclusive

## Gordon Head Recreation Centre Weekly Youth Centre Schedule - Fall\*

| MONDAY                                                                                                                                                                                                                                                          | TUESDAY                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                                                         | THURSDAY                                                                                                                                                      | FRIDAY                                                                                                                      | SATURDAY                                                                                                                                                                                                        | SUNDAY |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| AFTER SCHOOL<br>DROP-IN<br>3-5pm<br>                                                                                                                                           | Closed                                                                                                                                                             | AFTER SCHOOL<br>DROP-IN<br>3-5pm<br>                                                                                                             | Closed                                                                                                                                                        | AFTER SCHOOL<br>DROP-IN<br>1:30*-5pm<br> | ROOM/PARTY<br>RENTALS AVAILABLE<br><a href="#">Click here for more information</a>                                                                                                                              |        |
| AFTER SCHOOL DROP-IN: REGISTER FOR THE WHOLE YEAR HERE: 167747                                                                                                                                                                                                  |                                                                                                                                                                    |                                                                                                                                                                                                                                   |                                                                                                                                                               |                                                                                                                             |                                                                                                                                                                                                                 |        |
| 2SLGBTQIA+<br>SOCIAL<br>DROP-IN<br>+ SNACKS<br>6-8pm<br><a href="#">Click to view</a><br><br> | CRAFTERS AND<br>BAKERS<br>6-8pm<br><br><br>ROCK<br>CLIMBING<br>@CARSA<br>7-8:30pm | BOARD GAME<br>CAFÉ AND SWIM<br>+ SNACKS/DRINKS<br>6-8pm<br><br> | FITOK -<br>YOUTH<br>FITNESS,<br>HEALTH AND<br>WELLNESS<br>GROUP<br>6-8pm<br> | FRIDAY NIGHT<br>SOCIAL<br>5-9pm                                                                                             | SPORTS NIGHT<br>AND SWIM<br>6-9pm<br><br> |        |
| <p>Swing by our supervised Friday Night Social Drop-In at Gordon Head Recreation Centre—a free, casual hangout where you can chill with friends, meet new people, and do lots of fun activities for your party!</p>                                             |                                                                                                                                                                    |                                                                                                                                                                                                                                   |                                                                                                                                                               |                                                                                                                             |                                                                                                                                                                                                                 |        |

\*Closed on Pro D Days, STAT holidays and School District 61 holiday breaks

## SPECIAL EVENTS



### MEXICAN COOKING WORKSHOP 11-17YRS NOVEMBER 7

Learn to make authentic Mexican cuisine in this fun and engaging three course youth cooking workshop! Participants will make a main dish, side dish and a dessert with recipe cards to take home.

[CLICK HERE TO REGISTER](#)



### KIDS COOKING ACADEMY: HOLIDAY BAKING DECEMBER 5, 12

Spend time preparing special festive treats for the holidays! Projects include cookies, bars, and other delicious snacks. Fee includes all supplies and ingredients.

[CLICK HERE TO REGISTER](#)



**REGISTER NOW**



**Questions?  
CONTACT  
250-475-7100  
saanich.ca/register**

Swing by our supervised Friday Night Social Drop-In at Gordon Head Recreation Centre—a free, casual hangout where you can chill with friends, meet new people, and dive into a variety of awesome activities.

|        |                                |
|--------|--------------------------------|
| Sep 18 | Welcome Back BBQ               |
| Sep 25 | Ping Pong Tournament           |
| Oct 2  | UNO + Mac N Cheese Night       |
| Oct 9  | Thanksgiving Community Dinner  |
| Oct 16 | Pumpkin Spice Everything Night |
| Oct 30 | Halloween Costume Party!       |
| Nov 6  | Movie + Pizza Night            |
| Nov 13 | Pool Tournament                |
| Nov 20 | Breakfast for Dinner Night     |
| Dec 4  | Spa Theme Night                |
| Dec 11 | Gingerbread Cookie Decorating  |
| Dec 18 | Holiday Party!                 |

