



# Monday Maverick

Tue. Sept. 9th – Fri. Sept. 13th

Looking to plan ahead? Check out our calendar on the website, or here at [GMS Calendar](#)  
Please return all forms that went home asap

## THIS WEEK...

<b>Mon. Sept. 9<sup>th</sup></b>	<ul style="list-style-type: none"> <li>○ Welcome to full day of new classes!</li> <li>○ Exploratory begins</li> <li>○ Hot Lunch Sign up begins</li> <li>○ Recess Snack Fest begins</li> <li>○ PAC meeting 7 pm in library</li> </ul>
<b>Tues. Sept. 10<sup>th</sup></b>	○ Band program begins – student visits and info sessions (See email sent to families)
<b>Wed. Sept. 11<sup>th</sup></b>	○
<b>Thurs. Sept. 12<sup>th</sup></b>	○
<b>Fri. Sept. 13<sup>th</sup></b>	○

## Mark Your Calendars...



- Sept 16<sup>th</sup> – Last day to sign up for Hot Lunches
- Sept 19<sup>th</sup> – Welcome Back BBQ
- Sept 23<sup>rd</sup> – Pro-d – no school for students
- Sept 25<sup>th</sup> – Picture Day
- Sept 30 - National Day for Truth & Reconciliation – no school

**COMING SOON - The Fine Arts, Clubs, Athletics Calendar in the Google Drive is updated regularly**  
['click here for quick access'](#)

### School Food Programs

We have a number of food programs available for students. Each day we have toast with jam available for students in the morning in the Performing Arts studio before school. At recess students can grab a light snack (fruit and protein option) and weekly Hot Lunch (Subway Wednesday and Pizza Friday) will be available for purchase. Families who would benefit from daily bagged lunch program can reach out to Ms. Scott – [jescott@sd61.bc.ca](mailto:jescott@sd61.bc.ca) to sign up.



Ages 13-18 yrs.

# Learn to Cope with Stress

## Y Mind

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

Our **FREE FALL Y Mind Teen group** is Wednesday evenings at 6 pm, Oct 16- Nov 24, 2024, at 202-1314 Lakepoint Way, Langford.

In-person information sessions and intakes Sept 25<sup>th</sup> and Oct 2<sup>nd</sup>

For more information please contact:

[mindfulness@vancouverislandy.ca](mailto:mindfulness@vancouverislandy.ca) or call 778-584-7360



This free program is run by caring, trained staff, in a safe supportive environment.

\*Use the QR code to register for info session



<https://vancouverislandy.com/program-services/community-health/mental-wellness/>