

## Monday, March 9, 2026

- Best Buddies is an engaging program designed to foster inclusion within the school community. It provides social mentoring opportunities that enhance the lives of participants. Activities include playing games, reading, drawing, solving puzzles, crafting, or simply getting to know your buddy. If you're interested in joining, don't miss the chance to attend a brief information meeting during lunch on Friday.
- Attention all Junior Ultimate Athletes. Team practices this week will focus on skill building. As the weather is expected to be unsettled, practices will take place in the large gym on Tuesday, March 10<sup>th</sup> and Thursday, March 12<sup>th</sup> from 3-5 pm.
- Attention all Senior Ultimate Athletes. The final tryout will take place this week on Thursday, March 12<sup>th</sup> from 3-5pm on Lynn Valley Field. Be sure to dress for the weather!
- Attention grades 11 and 12. The University of Calgary will be here tomorrow morning at 8:30 in the Multipurpose area. They will be available to answer questions about programs, and next steps if you have had an offer of admission. Come ready with questions.