

Announcements for Oct. 8, 2025

Just a heads-up: this Friday, October 10, is World Mental Health Day.

This day is about helping people all around the world understand that mental health is important—just like physical health.

It's also a chance for people, groups, and schools like ours to talk about how we can support each other, reduce stress, and make sure everyone feels safe, heard, and supported.

Stay tuned this week for more! And remember it's okay to not feel okay. Asking for help is a sign of strength.

Reminder grade 10-12 students there is an info session today at lunch in the library classroom for the language Challenge Exam. See your grade TEAMS for more information.

Friendly reminder that our senior spirit day for Mathletes vs. Athletes is coming up on Friday! Hope your outfits are ready, if not then GET TO WORK!!!

Are you interested in gaining service hours, meeting new people, and making a positive impact on your local community? If so, come join our club in the library classroom at lunch every Friday to make cards for residents of a local retirement home. Hope to see you there!"

Student Council applications are due this Friday the 10th. Application forms can be found outside the main office.

The CSIMC Math contest for Gr 9-12 students is on Nov. 12th. Forms can be picked up from and handed in to Ms. Dai in room D301. Deadline is October 16th

Capilano Community Services Youth Outreach Team will be hosting Game's Club in room D204. Come join us at lunch today and every Wednesday for games, snacks, and social time."

Attention to all gardeners! Please come to room D201 or the engineering room for gardening club at lunch!"

Basketball intramurals continue today with more Junior games! On court 1, team "Durant Durant" faces off against "Revenge of the Swish". On Court 2, "Incrediballs" plays "Swish Cheese". Games start at 1:15pm. No Spectators until finals in November.