

Bev Facey Community High School

Daily Bulletin

November 1, 2022



“We would like to begin by acknowledging that we are on Treaty 6 traditional territories in Alberta of the many First Nations, Métis, and Inuit whose footsteps have marked these lands for centuries.”

General Announcements:

Would the following students come to the office today: Zach Abdul-Rahim, Jayden Achtemichuk, Owen Assaly, Adam Beasley, Cody Bell, Tristan Bilyk,

Justus Bretecher, Kaitlyn Brzezicki

Turtle Talk Friday - You are invited to a Turtle Talk... Every Friday Block 3 in Room 281 (Social wing) with Mrs. Shepherd. I hold a weekly talking circle with a mini lesson on a topic that piques my interest related to the First Nations, Metis or Inuit culture.

This Week's Topic... **Indigenous Veterans Remembered.** ... Astam ^C (come). This talking circle is open to everyone!!

Alex Janvier Art Exhibit - Renowned Indigenous Art. Thursday, November 3rd. Block 3 only: Aboriginal Studies class will be going to the Alex Janvier Art Exhibit at the Sherwood Park Library. If you are interested in joining us, please see Mrs. Shepherd and we'll get you a permission slip. For more info click here: [The Exhibit](#)

Artist of the Week - Congratulations to Abbey Oldford on an amazing photorealistic portrait of Loki! Check this amazing portrait out in the front display case.

McEwan is hosting a Business challenge for high school students. This is a half day event that is designed to provide high school students with a “university experience” that is fun and educational. Teams compete and cooperate while solving real business challenges in a stimulating and supportive environment. A poster with more information is in Student Services.

Post secondary information and Presentation- Students interested in meeting one on one for academic advising with U of A November 15th. Please see Mrs. Tattrie to book a spot.

PLACE Candy Bag Sales - Satisfy your sweet tooth with the famous PLACE candy bags! Candy bags are sold in the Cafe for \$1.25

Beverage Container Recycling - Please note the recycling containers throughout the school! Please **DO NOT** throw your containers in the garbages, we have amazing students that take care of our recycling, please help them out.

VIDEO GAME TOURNAMENT - We will be having an in-school TowerFall 2v2 tournament during lunch hours. Sign up individually or in teams of two by **this Friday** at tinyurl.com/FaceyTowerFall2022. Talk to Mr. Kitson or Mr. Hay for more information.

MOVEMBER-

MOVEMBER DAILY FACT/INFORMATION

What does Movember do? Impact of Movember - 1,250+ MEN'S HEALTH PROJECTS, ACROSS 23 COUNTRIES, OVER 19 YEARS OF IMPACT. From: <https://ca.movember.com/impact#/>

LOCAL IMPACT - We're (Movember) making strides in Canada with these mental health and suicide prevention projects, in collaboration with our local health partners. To learn more about the projects below, check out the Movember Canada website (<https://ca.movember.com/about/mental-health>)

- Social Innovators Challenge; Breaking the Ice; Indigenous Land Based Programs; Indigenous Bros Groups; Work 2 Give: Indigenous Men; Dad HERO

MOVEMBER DAILY MENTAL HEALTH TIP

REACH OUT WITH ALEC - Four simple steps – use ALEC to help you navigate a conversation with a friend who might be doing it tough. A - Ask.

Listen: Give [them] your full attention. Let [them] know you're hearing what [they're] saying and you're not judging. You don't have to diagnose problems or offer solutions, but asking questions lets [them] know you're listening. Ask a question like, "That can't be easy – how long have you felt this way?" From

<https://ca.movember.com/mens-health/mental-health>

FACEY SHAVE OFF - Thank you to everyone that came out and watched the shave off, took a photo with a mo', and filled in a Positive Message Moustache!

TAKE A MO'/LEAVE A MO' - All month, we encourage you to spread positive energy to your friends and family. Need a mo' with a positive message for yourself or a friend? Take one or two from the banner! Want to spread some positive energy? Please write a positive message on our moustaches to share with others!

MOVE FOR MOVEMBER - This year's theme is #MoveDownUnder! We will start in Perth, Australia, on the west coast and try to get across to Brisbane (~4300km). How do you participate? Track how many kilometres you move this month. Submit your numbers to Mr. Taylor in the Fitness Centre, where he will track our moves for the month!

DONATIONS - If you would like to donate, any donations are greatly appreciated. You can drop off cash donations to the jars with Mrs. Murphy in the office, or Mr. Glowinski in room 260. Donations can also be made online to our Movember team, or individual participants. Please go to

<https://movember.com/t/bev-facey-community-high-school/>

Stayed tuned for other events, information, and initiatives throughout the month! Any questions regarding Movember, please see Mr. Glowinski in room 260.

CLUBS/GROUPS:

Creative Writing Club The creative writing club will meet again tomorrow in room 274 after school. See you there!

Student Grad Council The first Student Grad Council Meeting will be held on Thursday, November 3, at lunch in the library. All interested Grade 12s are welcome to attend.

GSA (Spectrum) Join us Thursdays & Fridays @ lunch! Everyone is welcome (room 218)

MODEL UN - Next meeting after November Break.

S.C.O.R.E. - The Student Council On Race Education is Tuesday @ lunch in room 176.

JAZZ BAND - Jazz band rehearsals Thursday at lunch in the band room, room 142.

FALCONS OF DISTINCTION (FOD) SQUAD - Please meet in the cafeteria at the start of lunch on Tuesday, November 1st, to help out with our start-up event.

ATHLETICS:

Basketball- Sr. Girls basketball tryouts will start this week on Wednesday and Thursday @7pm. There will be a brief meeting for those interested Today Nov. 1 at 11:55 in the banner gym.

Open gyms will continue this week for Boys starting at 7pm on Tuesday and Thursday.

Volleyball -

Junior Girls- Playoff game Today @ home vs. Harry Ainlay. Come out to watch as the game starts at 5pm.

Junior Boys - Playoff game Today @ Paul Kane. Game starts at 5:30. Bus will leave at 4pm.

Senior Girls - Playoff game this Wednesday @Sal. Come out to watch as the game starts at 6:30pm. Practice today 5:15-7pm in the North Gym

Senior Boys-Playoff game this Wednesday @ home vs. Louis St. Laurent. Come out to watch as the game starts at 5:30pm. Practice today 3:30-5:15 in the North Gym

Swim Team - Next meet is on Friday, November 4, from 4:00 p.m. to 6:00 p.m. See Mr. Glowinski in room 260 to fill out time cards for the meet.

Archery – Practice is Today at 3:30 in the North Gym – and November 2nd at 7:15 a.m. in the North Gym. Students only need to come to one practice per week, We are still welcoming new students.

CAFETERIA:

Week 4 2022-2023*	Monday	Tuesday	Wednesday	Thursday	Friday
Soup \$2 - \$4		Mulligatawny		War Wonton	
Entrée \$7.00	Individual Ghoul Shepherds Pie w/ salad OR vegetable	Chicken Enchiladas w/ rice and beans	Stuffed Sole w/ butter sauce, rice pilaf & vegetable	Roast Beef Meal	Cafeteria Closed
Salad Bar \$4/\$6	Deviled Eggs Jack –O-Lantern Peppers Skewered Eyeballs	Santa Fe Layered Taco	Grilled Caesar Spinach Salad	Broccoli w/ grapes Salad Rolls Pasta Salad	
Short Order \$6		Calamari Tacos w/ side salad	Chicken Fig Brie Sandwich w/ side salad OR vegetable	Beef Taco Salad in a crispy tortilla bowl	
Weekly Feature \$6	Witches Fingers & Fries (Chicken Fingers)	Poutine	Bento Box w/ deep fried sushi, stir fried rice & pot stickers	Poutine	
Daily Special \$5	Mummy Hot Dogs w/ dipping sauce			Spicy Chicken Sandwich	
Fast Food \$4			Cheeseburger		
Build Your Own Wrap, Salad or Tortilla Bowl \$6	Crispy Chicken Grilled Chicken				
Dessert \$0.75 - \$2	Assorted	Assorted	Assorted	Assorted	



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