

# Bev Facey Community High School

## Daily Bulletin

### November 16, 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:**

**Taanishi** (hello) and welcome to ... **Metis Week:** November 14th to 19th, 2022

Our Week continues with the traditions of Métis culture. Josh Morin explains the history and significance of the Métis sash, flag and jigging.

- Josh Morin explains - [Metis Culture- sash, flag and jig](#)
- Check out professional dancer, Mickey Harris, and his hip-hop interpretation!

[Mikey Harris - Hip-hop Jigging](#) (1:23) - follow him on

- Facebook [Mikey Harris - Home](#)
- Tiktok [Mikey Harris @DIZZYFEET](#)



**SHADCanada Applications close December 5th** Connect with the latest in **STEAM & entrepreneurship** from nationally recognized leaders, innovative **hands-on** workshops, academics from **universities** across Canada and of course, the best **on-campus** or **digital** community ever. Want to spend July on a university campus? Our tried and true live-in program of 40 years, **ShadOnCampus** offers an entire month of immersive STEAM & entrepreneurship programming at one of 19 pan-Canadian universities, tailored to the excellence of the campus, faculty, labs and local culture. Not tied to a physical space this summer? **ShadAnywhere**, powered by Athabasca University, gives you the Shad experience anywhere you have a digital connection. For the third year, Shad will take its hands-on experience digitally. You can collaborate with a like-minded community, dive into hands-on STEAM learning and social innovation, and even join virtual excursions

Please come see Mrs. Tattie in student services for more information.

**Artist of the Week:** Congratulations to Brooklyn Reid (Art 20) on her AMAZING Facey illustration! Check out this unique composition out in the front display case and more in the display case outside of the Art room.

**Applying to NAIT?** NAIT has an ON THE SPOT admission campaign happening in NOVEMBER. An advisor from NAIT will be coming to Facey in the coming weeks. Please come see Mrs. Tattie if you would like more information on the available programs and how to sign up.

**ODD SOCK THURSDAY** Part of Anti-bullying week. Students and Staff are encouraged to wear their odd socks to celebrate what makes us all unique and spread kindness! So wear your ODD socks Thursday November 17th!

**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 garbage, we have amazing students that take care of our recycling, please help them out.

#### **MOVEMBER-**

##### **MOVEMBER DAILY FACT/INFORMATION**

Who is affected?

By age 40, about 50% of the population will have or have had a mental illness. Mental illness affects people of all ages, education, income levels, and cultures; however, systemic inequalities such as racism, poverty, homelessness, discrimination, colonial and gender-based violence, among others, can worsen mental health and symptoms of mental illness, especially if mental health supports are difficult to access. Major depression affects approximately 5.4% of the Canadian population, and anxiety disorders affect 4.6% of the population.[1] From: <https://cmha.ca/brochure/fast-facts-about-mental-illness/>

[1] <https://www150.statcan.gc.ca/n1/pub/82-003-x/2020012/article/00002-eng.htm>

##### **MOVEMBER DAILY MENTAL HEALTH TIP**

Think about how you think: If you get into a negative self-talk situation, ask yourself this question: “Would you say this to a friend?” If the answer is no, then ask yourself, “what is the purpose of being negative towards yourself?” Sounds easy- yet it can be hard, we need to work at being kind to ourselves just as we are kind to each other.

**MOVE FOR MOVEMBER** - Yesterday marked the halfway point of Movember! We are currently at 1050 km. We have a long way to go! Check those fitness trackers or cell phone logs for your kms, go for a walk, run, or row, and take your numbers to Mr. Taylor! Let's make sure we don't get stranded in the middle of Australia!

**DONATIONS** - At the halfway point, we have raised \$725! Keep up the great work everyone! Can you help us get to our \$3500 goal? Have any spare change? Please consider dropping it into jars with Mrs. Murphy in the office, Ms. Stevenson in Student Services, Mr. Lacoursiere in room 242, or Mr. Glowinski in room 260. Or ask your family and friends to make a donation online! 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 today in Room 274 after school. Sharpen those pencils and those minds! There will be snacks.

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

**MODEL UN -** Next meeting set for **lunch on November 21st!**

**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 -** Next meeting will be a quick check-in on Monday, November 21 to touch base on our November events.

**ATHLETICS:**

**Football -**

**Senior Football play in the Tier 1 Provincial Semi Finals this Saturday at Emerald Hills, 2:30 Kickoff. Tickets cost \$10 for students to get in.**

**Basketball-**

**Women's Basketball:** Tryouts will continue this week going today 5:15-7, Thursday & Friday times have been moved to 3:40-5:15pm in the Banner Gym

**Men's Basketball:** Boys Tryouts will run this week Wednesday, Thursday from 7pm-9pm in the Banner Gym.

Everyone is welcome to come tryout!

Falcon's basketball is also offering fundamental skill sessions for the mens and womens team prospects/players on Tuesday and Thursday mornings from 7-8:15am starting Dec 8 and running through Dec 15. Sessions are offered at no cost, and will address foundational areas of individual play, along with some 2v2 and 3v3 teamplay development. All are welcome, no experience needed. Whether you are on the team this year, trying out, or just want to improve your basketball skill, come on out!

**Volleyball-** Jersey return and team photos will take place at 2:30 TODAY in the banner gym.

**Swim Team-** Only 2 more practices remain before Semi-Finals on Thursday, November 24, and Finals on Friday, November 25!

**Archery -** Practice next Tuesday afterschool and Wednesday morning in the North Gym.

New Team Site: Go to this site to get current and updated information:

<https://teams.microsoft.com/j/channel/19%3a8q2XLzO3U9cWNhPug4MCD0eelgmS-9pxCGco5irjXM1%40thread.tacv2/General?groupId=543c6f36-ce44-4d72-b170-7afaf3dc849f&tenantId=9e47afea-5e57-40c3-8443-f2df4a2f4b3f> to join.

**CAFETERIA:**

Week 5 2022-2023	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b> \$2 Med/ \$4 Large		Chicken with Rice	Beef and Mushroom	Cream of Broccoli Cheddar	
<b>Entrée</b> \$9.00	Swedish Meatballs w/ noodles & vegetable	Stuffed Pork Loin w/ garlic mashed potatoes & vegetable		Chicken Cordon Bleu w/ Rice Pilaf & vegetable	Fish and Chips w/ salad
<b>Salad Bar</b> \$3 Small/\$5 Med \$7 Large	Pasta Salad Chef Salad	Caesar Salad Artichoke Mushroom		Cauliflower Potato Lettuce Wraps	Hungarian Cucumber Coleslaw Assorted
<b>Short Order</b> \$7		Steak Tacos w/ side salad <u>OR</u> vegetable	Italian Meats Panini Sandwich w/ soup	Beef Taco Salad in a Crispy Tortilla Bowl	Italian Meats Panini Sandwich w/ salad
<b>Meal of the Day</b> \$6	Chicken Fingers & fries	Poutine		Poutine	Penne alfredo Pasta w/ garlic toast
<b>Daily Special</b> \$5		Chicken Quesadilla		Spicy Chicken Sandwich	
<b>Fast Food</b> \$4			Cheeseburger		Pizza <i>Pepperoni Hawaiian Cheese</i>
<b>Build Your Own Wrap, Salad or Tortilla Bowl</b> \$6	Crispy Chicken				
<b>Dessert</b> \$0.75 - \$2	Assorted	Assorted	Assorted	Assorted	Assorted



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