

Bev Facey Community High School

Daily Bulletin

November 18, 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

The Métis Market... End Métis week immersed in the beauty of what the culture has to offer and shop at the same time!!
Saturday November 19th, 10:00 am - 7 pm.

@ Kingsway Mall Edmonton

This showcase of Métis artistic expression and excellence features over 20 Métis artists and artisans including artisanal-crafted beadwork, moccasins, skincare products, jewellery, and more. There will be live music and art displays. Come See - Come Shop!!!!



Trans Day of Remembrance: Sunday, November 20th is Transgender Day of Remembrance, a day to remember those who have been killed for living their true identities. Check out the display in the foyer to honour those trans, Two-spirit, and non-binary people whose lives have been lost due to violence.

Homophobia & Transphobia Hurts Everyone: <https://www.youtube.com/watch?v=xYCNcOmy6U>



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. Tattrie in student services for more information.

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. Tattrie if you would like more information on the available programs and how to sign up.

eSPORTS Competition - Today at lunch on the cafeteria big screen will be an epic TowerFall match. Come out to cheer on the competitors. The next Facey esports competition will be Rocket League, watch for the signup link next week if you are interested.

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.

MOVEMBER-

MOVEMBER DAILY FACT/INFORMATION

Who is affected?

4,012 Canadians died by suicide in 2019.[4] In Canada, suicide disproportionately impacts Indigenous peoples; the rate of suicide among First Nations is three times higher than among non-Indigenous Canadians, and nine times higher among Inuit.[5] The mortality rate due to suicide among men is three times the rate among women, but girls and young women are three times more likely than men to harm themselves and be hospitalized from self-harm.[6]

From: <https://cmha.ca/brochure/fast-facts-about-mental-illness/> [4] <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310039401> [5] <https://www150.statcan.gc.ca/n1/daily-quotidien/190628/dq190628c-eng.htm> [6] <https://www.canada.ca/en/public-health/services/publications/healthy-living/suicide-canada-key-statistics-infographic.html>

MOVEMBER DAILY MENTAL HEALTH TIP

Let your brain breathe: Have you ever tried breathing exercises? There are many of them out there, a simple one you can do at any time is: inhale four seconds, hold four seconds and then exhale four seconds through your nose. Try to do this for a couple of minutes. It slows our heart rate and nervous systems. It gives your brain some moments to relax, this allows us to be present and focus better.

MOUSTACHE COOKIES - Moustache cookies are back! Get yours today from the Cafe. All proceeds go to the Movember fundraising efforts!

MOVE FOR MOVEMBER - Remember to log your kms with Mr. Taylor in the Fitness Centre!

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:

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, Movember 21 to touch base on our Movember events.

ATHLETICS:

Football -

Senior Football play in the Tier 1 Provincial Semi Finals TOMORROW at Emerald Hills, 2:30 Kickoff. Tickets cost \$10 for students to get in. Come cheer on the team!

Basketball-

Sr. Women's Basketball :Sr. Women's Tryouts will continue TODAY 3:30-5:30 in the Banner Gym. Tryouts next week will be on Monday at 3:30.

Jr. Women's Basketball :Jr. Women's Tryouts will continue MONDAY 3:30-5:30. New Gr. 10's & 11's are welcome to attend.

Sr. Men's Basketball:Sr. Men's Tryouts will continue on Monday @ 5:30-7:30 in the Banner Gym

Jr. Men's Basketball:Jr. Men's Tryouts will continue MONDAY 5:30-7:30 in the North Gym. New Gr. 10's & 11's are welcome to attend.

Falcon's basketball is also offering fundamental skill sessions for the mens and womens team prospects/players on Tuesday and Thursday mornings from 7-8:15 am 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!

Swim Team- Only 1 more practice on Tuesday 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.

CAFETERIA:

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



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