

Bev Facey Community High School
Daily Bulletin
November 24, 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 see Mrs Murphy in the office: Logan Carter, Kristyn Hoyer, Nya Hutchings, Rebecca Jackson, Jackson MacIntosh, Owen MacNeil

Artist of the Week: Congratulations to Sofie Sakhno (Art 10) on an amazing self-portrait. One of the toughest drawings to create, Sofie created a beautiful portrait using only her pencil and eraser. Check out this amazing pencil portrait in the front display case.

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.**

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.

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

What causes mental illness and substance use problems?

Environmental factors play an important role in our mental health: access to safe and affordable housing, meaningful education and employment, leisure activities, the support of a community, access to land and nature, freedom from violence, and good access to health care and mental health services all support good mental health.

From: <https://cmha.ca/brochure/fast-facts-about-mental-illness/>

MOVEMBER DAILY MENTAL HEALTH TIP

Sleep plays a vital role in good health and well-being throughout your life. When you're depressed, falling asleep can be pretty hard. Try some of the tips below, figure out what works for you, and stick with it. **Don't lie around waiting to fall asleep; Don't take your worries to bed; Relax;**

Limit bright lights; Avoid caffeine and nicotine. From: <https://headsugguys.org/practical-tips/sleep/>

BAKE SALE - As Movember is coming to an end, we are going to host a Bake Sale on Tuesday, Movember 29, and Friday, Movember 30. All items will be priced to sell and all proceeds go to the Movember fundraising efforts!

MENTAL HEALTH BREAK - YOGA - Ms. Ramsey has offered her skills to run a yoga session on Friday at lunch in the gym. Come on down and take a break! If you have your own yoga mat, it is a good idea to bring it as we may not have enough mats for everyone.

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

DONATIONS - As a team, Facey has collected \$1150 so far! 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:

Culinary Arts High School Culinary Challenge/ Skills Canada: If you are interested in joining the team for the annual High School Culinary Challenge AND/OR Skills Canada for Culinary or Baking please come and see Mrs. Steele-Watts at **LUNCH** on Wednesday in the **cafeteria**.

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

MODEL UN - Next meeting Monday Dec 5th

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.

INTERFAITH ALLIANCE - Meeting Wednesday at lunch in Room 270

FALCONS OF DISTINCTION (FOD) SQUAD - Next meeting will be on Monday, November 28, to organize for the bake sale.

CyberDefence1 Team - meeting today at lunch to talk about the upcoming provincial competition.

Rocket League Tournament - Any interested students can sign up for the Facey 2v2 Rocket League tournament starting soon. Sign up at tinyurl.com/FaceyRocket2022 or talk to Mr. Hay or Mr. Kitson for more information.

ATHLETICS:

Basketball-

Sr. Women's Basketball :today 5:30-7:30,

Jr. Women's Basketball :Jr. Women's Tryouts will continue Today @ 3:30-5:30.

Sr. Men's Basketball:today 3:30-5:30

Jr. Men's Basketball:Tryouts will continue TODAY @5:30-7:30.


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- Semi-Finals is on Thursday, November 24, and Finals on Friday, November 25, if you qualify! Bus will depart from Facey at 6:30 a.m. on both days. Mr. Glowinski will email out details.

Archery – New students are still welcome. Next practices will be Tuesday, Nov. 29th @ 3:25 p.m. in the North Gym and Wednesday, Nov 30th @ 7:05 a.m. in the North Gym.

CAFETERIA:

Week 6 2022-2023*	Monday	Tuesday	Wednesday	Thursday	Friday
Soup \$2 Med/ \$4 Large		Borscht	Tortilla	Chicken Gumbo	
Entrée \$9.00	Sweet and Sour Pork w/ rice and vegetable	Turkey Meal		Beef w/ twice baked potato	Salmon Wellington w/ rice pilaf & vegetables
Salad Bar \$3 Small/\$5 Med \$7 Large	Wedge Salad Pasta Salad	Fruit Salad Broccoli Grape Spinach salad w/ cranberries		Caesar Salad Bok Choy Watermelon, feta mint	Greek Salad Assorted
Short Order \$7		Eggs Benedict w/ side salad	Clubhouse Sandwich w/ soup	Beef Taco Salad w/ crispy tortilla bowl	Panini Sandwich w/ side salad <u>OR</u> vegetable
Meal of the Day \$6	Chicken Fingers and Fries	Poutine		Poutine	Pastitsio Pasta w/ garlic toast
Daily Special \$5		Corn Fritters w/ Aioli		Spicy Chicken Sandwich	
Fast Food \$4			Cheeseburger		Pizza Pepperoni Hawaiian Cheese
Build Your Own Wrap, Salad or Tortilla Bowl \$6	Crispy Chicken Taco Beef				
Dessert \$0.75 - \$2	Assorted	Assorted	Assorted	Assorted	Assorted



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