

Bev Facey Community High School
Daily Bulletin
November 25, 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

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 U of C -U of C will be here for 1 on 1 meetings with anyone interested. Please come see Mrs. Tattrie or Mrs. Stevenson by November 30th 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 garbage, 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?

Stigma and discrimination attached to mental illnesses and substance use problems present a serious barrier not only to diagnosis and treatment but also to access to employment, housing, and other basic necessities. Stigma both creates and deepens social marginalization.

The symptoms of mental illnesses can be treated and very often managed effectively; with the right supports, people with mental illnesses can thrive.

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

MOVEMBER DAILY MENTAL HEALTH TIP

Having a hard time managing stressful situations? It's hard to cope with stressful situations when you're depressed. But there are a few things that you can do so that stress doesn't knock you down. Some of the tips might below require a bit of practice before you get the hang of it, but stick with it. Slow down and step back; Breathe deep and relax; Walk away; Concentrate your attention elsewhere; Talk it out; Burn off energy (For details on these steps, please visit <https://headsupguys.org/practical-tips/stress-management/>)

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!

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 Monday in the **cafeteria**.

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

MODEL UN - Tanvee Kaur, Andi McCullough and Autumn Seutter please see Johnson in room 159. 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- Parent Meeting Monday at 5:30

Sr. Women's Basketball : Practice Monday 6-7:30

Jr. Women's Basketball : Monday 3:30-5:30pm

Sr. Men's Basketball: Practice Monday 3:30-5:30pm

Jr. Men's Basketball: Monday 6-7:30


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- All the swimmers had a great day yesterday! Many personal bests and a lot qualified for finals today! Good luck to the swimmers competing today, and great job to all of the swimmers over the season! Stay tuned for Monday's Bulletin update to see how they did!

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 <i>Pepperoni Hawaiian Cheese</i>
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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