

Bev Facey Community High School
Daily Bulletin
November 29, 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, Jackson MacIntosh, Katelyn Orbell, Ava Orlando, Jesse Otto, Hilary Pearce, Morgan Pichette, Kennedy Pierson, Andy Pockett, Sam Ramirez, Brooklyn Reid, Madi Reid, Jackson Reivonen, Emma Roper, Keenan Ross, Carter Samoil, Gideon Scheffelmier, Isabella Schellert, Liam Shannon, Jovy Shaw, Reese Shaw, Will Simon, Declan Slotsve, Cam St Jean, Luke Stephen, Graham Stewart, Maclean Swick, Lylia Tennant, Taylor Thompson, Charlie Toner, Ally Toshack, Kayla Ursaliak, Brandon van Horn, Andrew Welsh, Brayden Westerlund, Jackson Whitrow, Jessica Wideman,

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.**

Artist of the Week - Congratulations to Gwen Townsend (Art 30) on an amazing post-impressionist portrait of Canadian vocalist Chi Pig! Check out the textures up close in the front display case.

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 are the costs related to mental illness?

There is also an economic cost when mental illness and substance use problems go untreated and when we fail to invest in promotion, prevention, and other support services. The economic cost of mental illnesses to the Canadian healthcare and social support system was projected as \$79.9 billion for the year 2021. [13] https://www.mentalhealthcommission.ca/sites/default/files/2016-06/Investing_in_Mental_Health_FINAL_Version_ENG.pdf

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

MOVEMBER DAILY MENTAL HEALTH TIP

Routines are essential! The most important thing when it comes to physical activity and making sure you get the most out of it is to make it a habit. The importance of routine can't be over-stated. There are a number of ways you can start routines for physical activity. Below are just a few tips to give you some ideas. Set reasonable goals; Make a commitment with another person or a group; Reward yourself; Build a lifelong habit (For details on these steps, please visit <https://headsuptguys.org/practical-tips/physical-activity/>)

BAKE SALE - TODAY & TOMORROW! Come see us by the office! All items will be priced to sell and all proceeds go to the Movember fundraising efforts! Cash is easiest, but debit payments can be made in the office.

MOVE FOR MOVEMBER - Only 2 days left to get across Australia! Remember to log your kms with Mr. Taylor in the Fitness Centre! Every little bit helps!

DONATIONS - Today is Giving Tuesday! Have some spare change? Do you or your family and friends want to make a donation somewhere but don't know where? Please consider leaving a donation in one of our jars, or make a donation online through the Movember Canada website. Please go to <https://movember.com/t/bev-facey-community-high-school!>

CLUBS/GROUPS:

Creative Writing Club: The Creative Writing Club will meet again tomorrow in Room 274.

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

MODEL UN - Tanvee Kaur, Megan Heryford, Taylor Wright and Autumn Seutter please see Johnson in room 159. Next meeting Monday Dec 5th - we will have country designations, so plan to be there!

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 again this Wednesday at lunch in Room 270

FALCONS OF DISTINCTION (FOD) SQUAD - Please politely ask to be dismissed from block 2 today and tomorrow 15 minutes early to organize for the bake sale.

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:

Volleyball- Any volleyball players that haven't returned their jerseys need to come see Mr. Launhardt after school tomorrow for pictures and jersey return

Basketball-

Sr. Women's Basketball: Practice today 3:30-5:15pm South Gym

Jr. Women's Basketball : No Practice today. Practice tomorrow 3:30 North Gym

Sr. Men's Basketball: Practice today 5:30-7:15pm South Gym

Jr. Men's Basketball: Practice today 5:30-7:15 North Gym

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 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- Congratulations to all of our swimmers as our season came to an end on Friday! Facey finished third overall in the "Small School" competition - great result for our first year back! Here are a few individual medals to highlight:


- Gabe Macdonald - Silver: Sr Men's 100m Breaststroke; Silver: Sr Men's 50m Breaststroke
- Tanya Berry - Silver: Int. Women's 50m Butterfly; Silver: Open Women's 100m Butterfly
- Zubail Dzhabrailov - Silver: Jr Men's 50m Butterfly
- Andrew Welsh - Gold: Sr Men's 100m Individual Medley; Silver: Sr Men's 50m Freestyle.
- Bronze: 4x100m Mixed Medley Relay - Sheridan Beavan (Back), Gabe Macdonald (Breaststroke), Tanya Berry (Fly), Andrew Welsh (Free)

We will need to do a team picture. Stay tuned for 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 1 2022-2023	Monday	Tuesday	Wednesday	Thursday	Friday
Soup \$2 Med/ \$4 Large		Loaded Baked Potato	Creamy Garlic Tortellini	Hamburger Soup	
Entrée \$9.00	Bacon Jam Grilled Cheese Sandwich w/ onion rings	Perogies & Sausage w/ onions, bacon & vegetable		Fried Chicken Meal	Fish and Chips Meal
Salad Bar \$3 Small/\$5 Med \$7 Large	Potato Salad Cranberry Spinach salad	Bok Choy Fruit Salad		Grilled Caesar Layered Taco Salad	Coleslaw Assorted
Short Order \$7		Stuffed French Toast w/ hashbrowns & fruit garnish	Monte Cristo Sandwich w/ soup	Beef Taco Salad in a crispy Tortilla Bowl	Nacho's fully loaded/ sour cream and salsa
Meal of the Day \$6	Chicken Strips (3) & Fries w/ dipping sauce	Poutine		Poutine	
Daily Special \$5		Chili chicken w/ rice and crispy wontons		Spicy Chicken Sandwich	
Fast Food \$4			Cheeseburger		Pizza Pepperoni Hawaiian Cheese Veggie
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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