

September 11, 2026

Cross Country will begin next Monday! Please ensure you get a permission form by the Male or Female PhysEd office. Please find or email Mr. Prior or Mr. Gravelle with any questions.

Tennis anyone? Our boys' and girls' tennis tryouts start Monday, September 14th for all juniors interested in playing. Senior will start on Tuesday, September 15th. All players need to grab a permission form from the phys-ed office and scan the QR code. Please meet on the courts after school, 3:10 sharp!

Today is the last day to sign up for a course change in guidance. Please be patient and follow your current schedule, as it will take until the following week to get through all the appointments. As long as you sign up by today, you will be seen!!!

Tryouts for Senior boys volleyball will be next Monday, Tuesday and Wednesday at 7:00 am. Please make sure you sign up and get a permission form by the boys phys Ed office. No signed permission form means no tryout.

Are you looking to try a new sport? Do you love running, playing soccer, have a knowledge of hockey? Come out and try girls field hockey. Tryouts are Mon and Wed at 3:15. Tryouts are outside so you need to dress for the weather. Soccer cleats are recommended and shin pads are mandatory. Sticks will be provided! Meet at the tennis courts Mon and Wed, ready to go. Please sign the QR code and take a permission form from outside the girls phys. Ed office. Please see Ms. McDade if you have any questions!

Thank you to our Prefect Laptop Tower Management team for doing an exceptional job each day to make sure all laptop carts are returned to the library, reviewed, and plugged in so they are ready to go for the next day. We are blessed to have you working diligently behind the scenes for us

Attention Prefects, if you need help updating your Prefect Profile for semester 1, please stop by the Library fishbowl area on your lunch to see Mr. Nagler for help

Don't forget to buy colour night tickets! The last day to purchase is next Tuesday!

Are you looking for volunteer hours? Blessed Sacrament Parish and Knights of Columbus are looking for student volunteers to help with a yard sale. Volunteers are needed this evening at 6pm to help set up the event. Please visit the Main Office or Student Services for more information.