**Monday, October 16, 2023**

Hul’q’umi’num word of the week is **hay ch q’u** (hite-ch-q-ah), thank you in singular and **hay ce:p q’u** (hite-sep-ka), thank you in plural. Hay ce:p q’u Dover Bay for honoring the First Peoples of this land and by speaking hul’q’umi’num.

**Clubs:**

The **Beading Circle** will be starting this **Tuesday at lunch** in iyus lelum. Please come if you are interested – the first project will be using a bead loom.

**Boxing club** will be happening after school on **Wednesdays in room E111.** Stop by iyus lelum if you need more details.

**Athletics:**

**Senior Media Day is today!** All senior girls’ volleyball, sr. boys’ volleyball, and senior cross-country runners please report to the fitness room at 2:15pm in uniform for your photo shoot.

Grade 8 boys’ volleyball and Jr Boys Soccer is hosting games **after school today.** Come cheer on Soccer as they take on Wellington at **3:30pm kick off.** The grade 8 boys volleyball take on Cedar at 3:30pm in the gym.

**Wednesday** jr. Girls Volleyball is up: They will be playing at 3:30pm in our gym hosting Cedar, Barsby and NCS.

**Thursday** it is Jr. Boys Volleyball, they are hosting NCS. Ladysmith, and Wellington right after school 3:30pm start.

**And a bog good luck to Cross-Country as they compete in the Islands Championships in Victoria on Wednesday and good luck to our 18 swimmers on the swim team who will be competing in Victoria at the Island Zone Meet this weekend.**

**Cafeteria:** Teacher’s lounge is open today.

Today’s Menu is Chicken Burger $5.00 and Chicken Parmesan served over Egg Noodles, Garlic Toast and Side Salad $7.75 And Sandwich of the week is a Grilled Reuben on Marble Rye Bread $5.00