**Monday, November 6, 2023**

**‘uy netulh Dover Bay**

**Hul’q’umi’num word of the week** is la’lum’uthut, [LAWT-lum-uh-thut, which means to take care of yourself really well. Hay ce:p q’u Dover Bay , remember that this school is a community and that we need each other, so please la’lum’uthut.

Attention Indigenous Students in grades 10 – 12. VIU will be coming to iyus Lelum this Wednesday in D block to talk about options for programs and services. Snacks will be provided. If you are interested, please confirm with Michelle or Tawni in room C104.

**Dover Bay spirit wear** is now available for purchase. You have until November 13th to place your order.

**Athletics** All grade 9 & 10 boys interested in trying out for the Junior Boys Basketball team, there will be try outs **TODAY**, November 6th, after school from 3:00 – 5:00.

**The Energy Cup** has started officially, it is a district wide competition to conserve energy. Sorry that we make you freeze these days, but the winning school gets 2500 dollars. To win this competition we need your help! Come to our general meetings today to learn more on how to participate and let’s win this and get your split of the 3 grand!

**Wrestling today** at the Old Harewood Elementary Gym after school.

**Cafeteria:**  Teacher’s lounge is **CLOSED** today sorry for any inconvenience.

**Huy cep:qa Dover Bay and have a great day!!!**