**Thursday, November 9, 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.

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

**Athletics** Today, Dover Bay will be hosting the Senior Volleyball North Island tournament! Dover’s Senior boys team will be having a game today at 4:00 PM against Vanier Secondary and 6:30 PM against Cowichan Secondary. Please come join us in the gym to show your support and cheer them on.

**Jr. Girls Basketball** – tryouts for the junior girls basketball teams will be next week: Tuesday from 6:45 – 8:00 AM, and Thursday from 5:00 – 7:00 PM. Remember your outdoor running shoes for the fitness test at the first tryout.

**Eco Club -** The Energy Cup has started officially; it is a district wide competition to conserve energy. The winner gets $2500 to put toward energy saving initiatives. To win this competition we need your help! Come to our general meeting today to learn more on how to participate and let’s win this together.

**The following clubs for today - Thursday**

Chess Club

Coding club and Computer programming

Dungeons and Dragons - after school

Eco Club

Karuta Club

Math Contest Club

Rainbow Alliance Club

Weightroom – after school

Wrestling – after school at the Old Harewood Elementary gym

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

Today’s menu is, Potato Skins with Sour Cream and Salsa for $5.00. Chicken Curry, Served with Samosa, Rice and Naan Bread for $7.75, and the Sandwich of the Week is a Turkey Club for $5.00.

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