**Tuesday, November 7, 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.

**Thank you to all who participated in the Halloween costume contest & Congratulations to the winners!**

Solo Category – Kai Sidhu dressed as Spider Punk

Duo Category – Aasiyah Mughal and Damien Jenking dressed as Lydia and Beetlejuice

Group Category – Sarah Troop’s Toy Story Group

If you haven’t yet picked up your prize, come to E211 at lunch or after school.

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

**Athletics** Senior Girls basketball tryouts are tonight from 7-9 pm.

**The Energy Cup** has officially started, 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 win.

**The following clubs will be running today.**

Beading Club

Chess Club

Student Council in room E211.

Weight room.

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

Today’s menu is, Ground Beef Southwest Wrap served with Sour Cream and Salsa for $5.00. Sweet and Sour Pork with Chow Mein and Asian Style Vegetables for $7.75. Sandwich of the Week is a Turkey Club for $5.00

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