



## Bev Facey Community High School Daily Bulletin September 13, 2018

With the high volume of traffic in front of Bev Facey please be very mindful of traffic on Colwill Boulevard and only cross the road when safe to do so. Additionally, students should not be parking in the residential area across from the school in Nottingham Green. Bylaw enforcement will out ticketing and towing vehicles that are parked illegally. We hope to have good relationships with our neighbors and keep our community clean by using the garbage receptacles outside the school. Your understanding and support is appreciated!

At **Encounters with Canada**, high school students from Canada meet others who share similar interests in Ottawa for a week. They learn about careers from seasoned professionals, discover the gems of our nation's capital, meet with politicians, ambassadors, athletes, and business people and learn more about what it means to be Canadian. **You must be 14 -17 years old. The cost is \$750 with a provincial subsidy of \$175 making the total \$575.** The price includes lodging, meals, most planned activities and local transportation. **Travel to Ottawa from anywhere in Canada is ENTIRELY FREE.** See **Mr. Schoblocher** in **room 281** for more details.

### **FACEY CROSSFIT**

Coming this October, Bev Facey will be starting its first ever CrossFit Club. This club is for all those who want to experience the fitness and health benefits of CrossFit. This club is open to all grades and all staff. We will have our introductory meeting in the Wellness Centre on **Tuesday, September 25th @ 11:50.** For any question please see Mrs. Huisman or Mr. Taylor.

### **Spring Break Trip 2019 (\*\* Date Change)**

**Love to travel...** well here is your chance to explore Canada. This spring Bev Facey is hosting a trip to historic, **Quebec City**; Fashion capital of Canada, **Montreal**; Awe inspiring, **Niagara Falls**, our parliaments capital, **Ottawa**; and fun filled **Toronto**! All students are welcome to attend. The **first meeting has been moved to Monday, September 17th in room 241** (Mr. Kowalchuk's Room) at lunch. We will be discussing **pricing, dates and itinerary and signup will begin!**

**Interested in joining FLI?** See Mr Curbelo or Ms Johnson if you have questions.

**Interested in joining Facey Spectrum?** Facey Spectrum is Bev Facey's Gender Sexuality Alliance (GSA), its meeting TODAY, Thursday, September 13 in room 136. Come and be a part of this safe and inclusive environment.

**Cyber Defence:** Meet every Monday at 3:30 in Rm 213.

**CanHack 2018:** Please see Ms Killoran for registration. Deadline in Sept 27th and you must be fully registered by this date.

**Grade 11 and 12 -** Norquest college will also be presenting on Friday september 21st during block one if you are interested.

**All Students -** Anyone interested in being a peer tutor please come see Mrs. Tattrie in student services.

### **ATHLETICS:**

**VOLLEYBALL:** All 4 teams continue preparation for their upcoming seasons. Practices go after school today at 3:30 and 5:30 pm..

**CROSS COUNTRY:** Some solid results were posted in a very wet and chilly first meet of the season for our Falcons! Recovery run today after school. Dress for the weather once again.

**GOLF:** Get your \$\$ and forms in to the office or see Mr. Kowalchuk or Mr. Pratt asap. Legends tournament is Friday. There will be a brief meeting today at lunch in room 241 to determine hole assignments.

**SWIM:** Great turn out and excellent effort for our first two practices of the year! New swimmers are still welcome. **This is a NO CUT team!** Next practice is Tuesday, September 18th at 7 a.m. at Kinsmen Leisure Centre. Pick up your forms in the PE office if you haven't already done so. Please sign in to the Google Classroom for reminders. Code is **c46m9c**.

**CHEER:** Practice Thursday night at 7:30 in the Banner Gym.

**ULTIMATE FRISBEE:** Meeting at lunch on **TODAY @ LUNCH** in room 242 . See Mr. Lacoursiere for more details. This is a no cut team with no experience necessary.

**CURLING:** Initial information meeting **Monday, September 17, beginning of lunch in room 254.**

## BEV FACEY MENU FOR THE WEEK!

	Sept. 10	Sept. 11	Sept. 12	Sept. 13	Sept. 14
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b> <b>\$2.00</b>	Baked Potato	Chicken Noodle	French Onion	Vegetable Barley	Cream of Mushroom
<b>Entrée</b> <b>\$6.00</b>	Bacon Wrapped Meat Loaf w/ mashed potato & vegetable	Perogies & Sausage w/ onions, bacon & vegetables	Butter Chicken w/ naan bread, rice & vegetable	Gourmet Burger w/ fixings & fries	Fish & Chips w/ coleslaw
<b>Short Order</b> <b>\$5.00</b> *small side salad included		Beef Tacos	Clubhouse Sandwich		Panini Sandwich
<b>Meal of the Day</b> <b>\$5.00</b>		Poutine		Poutine	
<b>Weekly Feature</b> <b>\$5.00</b>	Pasta w/garlic toast	Chinese Food	Pasta w/garlic toast	Chinese Food	Pasta w/garlic toast
<b>Daily Special</b> <b>\$4.00</b>	Panini Sandwich	Calzones		Spicy Chicken Sandwich	Panini Sandwich
<b>Fast Food</b> <b>\$3.00</b>			Cheeseburger		Pizza
<b>Build Your Own Meal</b> <b>\$5.00-\$7.00</b>	Wrap/Salad Bowl/Tortilla Bowl Crispy Chicken Grilled Chicken Taco Beef				
<b>Dessert</b> <b>\$0.75 - \$2.00</b>	Lemon Loaf <b>\$1.50</b>	Brownies <b>\$1.00</b>	Chocolate Cake <b>\$1.50</b>	Strudel <b>\$1.50</b>	Assorted