Boys Volleyball Tryouts - Ms. Kelly & Mme. Masters Boys Volleyball tryouts will start this Thursday from 3:30-4:45. We ask that you are changed and ready to go for a 3:30 start.

Fall Dance Hey Students! Just a reminder that there is a Fall Dance this Thursday from 7:00 - 9:00. The cost is \$7.00.

Girls A Soccer - Mrs. Greenwood And Mrs. Parker The Girls A Soccer team plays an away game against Wolfville today at 4pm. Players are asked to dismiss classroom at 2:55pm to meet Mrs. Greenwood at 3:00pm at the teacher parking lot, before leaving for the game.

Cross-Country Running- Ms. Fox All runners are asked to meet in Ms.Fox's room at recess today for a very brief meeting. Runners attending today's meet in Hantsport are asked to dismiss at the 3:15 bell and find their drives.

Terry Fox - Mrs. Knowles/Mrs. Isenor West Hants, it's that time of the year again. Our annual Terry Fox Walk/Run will take place on Friday, October 3rd. Your homeroom teacher will give you a pledge sheet. Please take time to collect donations for this great cause. Students who raise money will earn points for their house teams. There will also be prizes for the students in the school who raise the most money.

Soccer - Mrs. Isenor Today there will be a practice for the B boys and intramural soccer teams. We will meet on the lower field and then head to the upper field for practice. We will return to the lower field for pickup at 4:45. The A boys play their first home game of the season versus EMS. Come out and cheer on the team. Tomorrow, there will be a practice for the B girls and intramural soccer teams.

Cafeteria Today's lunch in the cafeteria is the Picnic Plate with Chicken or Hummus. Tomorrow's lunch will be Butter Chicken or Butter Chickpeas with Rice & Veggies. When you come to pick up your lunch, please make sure you are in Ms. Rondhuis's line if you ordered the Veggie option. Ordering will open up again this Friday for the menu from October 6 to October 17.