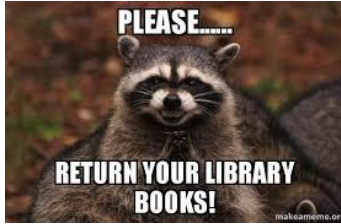




SAJS Monday Flash October 2nd – October 6th

Daily Activities:

- You can order your lunch from the cafeteria online now from home! Check out www.school lunchorder.ca
- SAJS is Nut, Egg and Scent Aware
- When arriving in the morning and waiting in the cafeteria, please sit at one of the tables to keep the paths clear for walking.



The drop-off is beside the vending machine in the lobby!

Monday, October 2nd, (Day F)

Cafeteria Special Today: Chicken Tatter Bowl (Mashed Potato, Chicken, Corn and Gravy in a bowl)

Intramurals: Drop In

Grade 5/6 Guidance Club: Mindful Monday - For students interested in learning relaxation strategies

Lunch Bunch: Grade 5 Students

8:40-10:40 Terry Fox Walk/Run – The route will be around SAJS and please bring \$1.00 - \$2.00 as a donation

TERRY FOX WALK SCHEDULE 2017	
8:40-9:10	Grade 5's
9:10-9:40	Grade 6's
9:40-10:10	Grade 7's
10:10-10:40	Grade 8's

3:00-4:00 Cross Country practice at St.FX

Tuesday, October 3rd, (Day A)

Cafeteria Special Today: Taco Salad served with Low Fat Cookie

Band: Intermediate Band from 2:35-4:05

Intramurals: 5-1 / 5-2

Grade 5/6 Guidance Club: For students interested in talking about and sharing books and movies

Lunch Bunch: Grade 5 Students

9:00-10:45 Power of Ideas Presentation at Dr. John Hugh Gillis Regional High School (Class 8-2 and 8-3)

12:30-2:15 Power of Ideas Presentation at Dr. John Hugh Gillis Regional High School (Class 8-1, 8-4, 8-5 and 8IMM)

3:00-4:00 Cross Country practice at St.FX

Wednesday, October 4th, (Day B)

Cafeteria Special Today: Macaroni & Cheese served with served with Garlic Bread Stick OR Carrot Sticks and Dip

 Turkey dinner for students who pre-ordered

Band: Jazz Band from 2:35-4:05

Intramurals: 6-1 / 6-2

Grade 5/6 Guidance Club: For students interested in art activities including Anime and Marvel

Lunch Bunch: Grade 5 Students

3:00 Cross Country Meet at St.FX

Thursday, October 5th, (Day C)

Cafeteria Special Today: Pancakes topped with Berries and served with sliced Ham

Intramurals: 5-3 / 5/6

Band: Beginner Band from 2:35-4:05

Grade 5/6 Guidance Club: For students interested in playing board games and using Lego

Lunch Bunch: Grade 6 Students

1:25 Meeting with Grade 8 Students who are interested in Serving on Guidance Group

3:00-4:00 Cross Country practice at St.FX

Friday, October 6th, (Day D)

Cafeteria Special Today: Sweet and Sour Meatballs served with Rice and Mixed Vegetables

Intramurals: 6-3 / 6-4

Grade 5/6 Guidance Club: For students interested in starting a group supporting all students in terms of gender, identity, anti-bullying, multicultural and diversity

Lunch Bunch: Grade 6 Students

11:30-12:30 Meeting with Grade 7 Girls involved in Antigonish Womens Resource Centre Project

Who has a birthday this week?		
Cody G.	8-4	Oct 2
Julia M-S.	7-4	Oct 2
Dylan F.	5-2	Oct 3
Laci B.	5-3	Oct 3
Shomari M.	7-4	Oct 3
Jasmine M.	8-4	Oct 3
Brooklyn E.	7-4	Oct 4
Jacob G.	8-4	Oct 4
Cara M.	8-4	Oct 5
Addison T.	8-4	Oct 5
Nicky N.	6-2IF	Oct 6
Jacob C.	6IMM	Oct 6
Lucas M.	7-6	Oct 7



Monday, October 9th

THANKSGIVING – NO CLASSES

