



## SAJS Monday Flash October 9<sup>th</sup> – October 13<sup>th</sup>

### Daily Activities:

- The library is open every day at recess for any students who would like a quiet place to read or work.
- Breakfast Program runs daily. Everyone welcome!
- Grade 5 & 6 can go to intramurals at recess! Watch the schedule for your turn and every day F is drop in.
- Students using the cafeteria in the morning should take a seat to allow clear access to walkways and breakfast program.

### Monday, October 9<sup>th</sup>

#### THANKSGIVING – NO CLASSES

### Tuesday, October 10<sup>th</sup>, (Day E)

**Cafeteria Special Today: Soft Beef Taco served with low fat cookie**

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

**Intramurals:** 5IMM/6IMM

**Grade 5/6 Guidance Club:** Dance Club

**Lunch Bunch:** Grade 5 Students

1:25-2:25 Organizational Skills Workshop (7-2)

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

Free after school Yoga program for students from 2:30-4:00pm on Mondays starting October 23rd. Register with Town of Antigonish Recreation or in SchoolsPlus

### Wednesday, October 11<sup>th</sup>, (Day F)

**Cafeteria Special Today: Spaghetti and Meat Sauce with Caesar Salad OR Garlic Breadstick**

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

**Intramurals:** Drop In

**Grade 5/6 Guidance Club:** Card Club

**Lunch Bunch:** Grade 5 Students

8:40-10:35 Grade 6 Provincial Assessment

10:55-11:55 Organizational Skills Workshop (7-5)

1:25 Students who are helping with Organization Group and students referred for support will meet this period.  
The list will be sent out to teachers.

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

### Thursday, October 12<sup>th</sup>, (Day A)

**Cafeteria Special Today: Chicken Fajita (chicken, peppers, onion, salsa in a tortilla)**

**Intramurals:** 5-1/5-2

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

**Grade 5/6 Guidance Club:** Sports Club

**Lunch Bunch:** Grade 6 Students

8:40-10:35 Grade 6 Provincial Assessment

10:55-11:55 Organizational Skills Workshop (7IMM)

11:55-12:25 Guidance Group Meeting during 7/8 lunch

12:25-1:30 Green Team Meeting in Multi-Purpose Room

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

### Friday, October 13<sup>th</sup>, (Day B)

**Cafeteria Special Today: Grilled Cheese Sandwich with Chicken Noodle Soup**

**Intramurals:** 6-1/6-2

**Grade 5/6 Guidance Club:** Fantastic Friday

**Lunch Bunch:** Grade 6 Students

Open Gym Fridays starting October 20<sup>th</sup> from 2:30-5:00 p.m. Register with Town of Antigonish Recreation or in SchoolsPlus.

<b>Who has a birthday this week?</b>		
Jorja D.	5-3	Oct 10
Casey K.	6-3IF	Oct 10
Percy K.	6-3IF	Oct 10
Skylene M.	8-5	Oct 12
Jaime B.	7-2	Oct 13
Lanna P.	6-4	Oct 13
Emily C.	6-4	Oct 14
Kailey N.	7-3	Oct 15

