



Tuesday, September 3, 2024 – Day 1

### Student Events and Meetings:

- **Welcome Week:**
  - **Wednesday** is Spiderman Challenge in the cafeteria at lunch
  - **Thursday** is the Great Sabre Scavenger hunt! Download the *Goosechase* app to participate!
  - **Friday** is Sundae's on Friday. Come make your free Sundae's outside by the cafeteria doors!
- **GSA:** Meetings will be held throughout the year on Thursdays in Room 210 (Mr. Knox's classroom). All are welcome to attend.
- **IB Meeting:** All Grade 12 IB students (full and partial) need to meet in Mrs. Wyman's Room 188 at 11:34 on Thursday, September 5, for an IB exam registration meeting.
- **SAL Jazz Band:** Anyone interested in joining the SAL Jazz Band, our first meeting will be this Thursday, September 5, in the Music Room @ 3:30 p.m.
- **Debate and Model UN Team:** Any students interested in Debate or Model UN are invited to an introductory meeting afterschool Tuesday, September 10, in Mr. Stamatopoulos' room (236).
- **Photos:** Any students who have missed getting their photos taken, the pick-up day is Thursday, September 12. Retakes will take place on October 27.

### Student Information:

- **Wellness Centre:** The Wellness Centre will be open after school again to all students who wish to use the facility to workout or engage in fitness-based activities. During the regular schedule days it will be open from 3:27 - 4:30 p.m., and on Wednesdays it will be open from 2:27 - 3:30 p.m. Membership is free. Come down to the Wellness Center after school and talk to Mr. Chabaylo if you have any questions.

- **Career Pathways:** Are you interested in working in the trades? Did you know you can get high school credits for having a part-time job or volunteering? Schedule an appointment in Guidance to see Ms. Entrup and Mr. Caldwell your Career Pathways Facilitators to find out more.
- **Dual Credits:** Dual Credits provide an opportunity for high school students to earn college/university credits and high school credits at the same time. Check out the posters around the schools for the courses offered. Semester 1 deadline for registration is Friday Sept 13. Book an appointment in guidance to see Ms. Entrup or Mr. Caldwell in Career Pathways for more information.

### **Athletic Information:**

- **Golf Team:** If you would like to play on the Sal Golf team this fall, there is meeting **Tuesday, September 4**, at the start of lunch in the Cafeteria. The first tournament is Wednesday, September 11, and we need to have our numbers figured out ASAP. Please find Mr. Chabaylo if you have any questions.
- **Swim Team:** *Are you the next Summer McIntosh? Do you want swim as fast as Josh Liendo?* Do you want to join the **Sal Swim Team**? There will be a short meeting for all interested swimmers on **Thursday, September 5, at the lunchtime bell in room 163** (Mr. Pandos' class) or come see Mr. Pandos for all inquiries.

### **SAL Cafeteria:**

Welcome Sabres! The cafeteria will open on Friday, September 6 for a Pizza Lunch. Regular hours will begin on Monday, September 9 for breakfast, lunch and mini cafe hours. We look forward to seeing you there!

Cafeteria Help Wanted! Job opportunities include till operator, server, or cook. Volunteers earn free food and drink as compensation and work experience. If you are interested, please see Mrs. Higuchi anytime, in the Cafeteria.



# Cafeteria Highlights

*Welcome Back!*

**Friday Sept 6 : Open for Pizza Lunch**

Nitza's Pizza in the Cafeteria 2 x Slice \$5

**Monday Sept 9: 1<sup>st</sup> day Open!**

**Tuesday Sept 10: Hamburger Soup**

**Wednesday Sept 11: Creamy Tomato Soup**

**Thursday Sept 12: Taco in a Bag**

**Friday Sept 13: Nitza's Pizza**