



SALISBURY

COMPOSITE HIGH

Thursday, May 8, 2025 – Day 2

Student Meetings & Events:

- **Mental Health Week:** Friday is PJ Day!
- **Musical Theatre 35:** Get ready for an electrifying Broadway experience—right in your own backyard! Salisbury Composite High School proudly presents **CHICAGO!** May 12–15 at Festival Place. Step into the roaring 1920s as over 80 talented cast and crew members bring the razzle-dazzle to life in this bold, jazz-infused musical! Chicago is packed with sizzling choreography, unforgettable songs, and a gripping story of fame, fortune, and betrayal. Get your tickets at Festival Place Box Office!
- **GRIT (Girls Rising in Training) Workout Club!**  **Calling All Female Athletes!** 
Are you ready to get stronger, faster, and more powerful for your sport? Join GRIT—our new strength training club designed specifically for female athletes! This “learn to lift” program will teach you how to train like an athlete, build confidence in the weight room, and connect with other female athletes at our school. You'll learn new exercises, proper form, and sport-specific strength tips to help you crush your season. Workouts will be Tuesdays at 7 a.m. starting next Tuesday, May 13. See Ms. Wong or Mr. Timm if you have any questions!
- **Thursday, May 15, is Moose Hide Campaign Day.** It is a BC-born Indigenous-led grassroots movement to engage men and boys in ending violence towards women and children. It has since grown into a nationwide movement of Indigenous and non-Indigenous Canadians from local communities, First Nations, governments, schools, colleges/universities, police forces and many other organizations – all committed to taking action to end this violence.

Salisbury will be showing support for the campaign by:

- Wearing our Moose Hide Pins. Stop by the tables at lunch near the front office starting **Monday, May 12**, to pick up a pin.
- Consider donating to the cause. Indigenous Studies students and Mrs. Willman will be selling beaded pins for \$2. All collected funds will be donated to The Moose Hide Campaign.

- Come walk with us; classes are invited to show their support by going for a walk (at any time that is convenient for them) on **Thursday, May 15**.

For more information, support or to get involved, please contact Mrs. Willman (room 192 or jenna.willman@eips.ca)

- **Salisbury Olympics:** After school on Friday, May 23, Sal for Humanity is running the Salisbury Olympics. Compete for prizes with your friends in fun activities for only \$5 per team! There will also be a BBQ with hamburgers for an additional price. Scan the QR code or check the Sal for Humanity Instagram to sign up!



Career Pathways:

- **Careers Next Generation:** Meet Emma Kneil from Careers, Thursday, May 15 at lunch by the main stairs. Careers Next Generation helps students find jobs in Skilled trades, ICT Business Marketing, Healthcare, Energy, Horticulture.

Grad 2025:

- **Grad Tickets:** Grad tickets are now available. Ceremony tickets can be purchased through [Showpass](#) and Prom tickets can be purchased online through [PowerSchool](#). Please note that ceremony tickets have a limit of 8 tickets per transaction so if you need more tickets, you just need to purchase again. If you have purchased Prom tickets, an email will be sent to the student's email when they are ready for pick up in the office.
- **Grad Gown Pickup:** Grad Gown pick up will be on May 13-15 at lunch in the Wellness Centre Concession.
- **Grad Cap Headband:** To help hold your Grad Cap in place, Ms. Duguid in Cos. has a demo of a couple items to view and order if you're interested. They will be displayed during Grad Gown pickup as well as displayed in Cos.

Athletic Information:

- Please see our [Athletic Calendar](#) for updated athletic events happening this week.

SAL Cafeteria:

Please see the attached menu for this week.



Cafeteria Highlights

Menu 12: Week 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Daily Soup Tomato & Grilled Vegetable with Turkey Chorizo</p> <p>Special Ham Sandwich on Cheese Bun with Mustard, Lettuce</p>	<p>Special Caesar Wraps \$6 Greek Salad \$3.50</p> <p>Special Glazed Doughnuts! \$1</p>	<p>Special Fried Chicken with Nashville Hot Sauce Dipper, Potato Salad & Corn Bread \$8</p>	<p>Daily Soup Creamy Tomato Soup</p> <p>Special Grilled Cheese</p>	<p>Pizza Donair Pepperoni Cheese Hawaiian Vegetarian</p>