



Thursday, September 11, 2025 – Day 2

Student Events and Meetings:

tânisi Sabres! Please be aware that Mrs. Willman and her Indigenous Studies Class will be smudging with sage weekly on Mondays (during class time). It is very likely you will be able to smell the smudge throughout the school, but we will post signs, open the window, and go outside when we can.

If you would like to learn more about smudging and medicines, please see Mrs. Willman in room 192.

- **GSA:** Meetings will be held throughout the year on **Thursdays** at lunch in the SAIL Room (240). All are welcome to attend.
- **Debate, Speech & Model UN:** Any students interested in these events are asked to attend a brief meeting today in room 191. If you are unable, please contact Mr. Tomkins or Mr. Stamatopoulos.
- **Photos:** Friday, September 12, is the day for any students who have missed getting their photos taken on the registration days. Listen to the announcements for your time to head down. Retakes will take place on October 14.
- **Robotics Club:** There is a mandatory meeting for anyone interested in the Robotics Club on **Friday** after school in room 140.
- **Reach for the Top:** We are seeking any students interested in trying out for **Reach for the Top**! Teams of four students answer questions on a range of school **and** non-school related topics in a quiz show style format. Practices will be happening in room 179 at lunch on Mondays. Bring a friend!
- **Discovery Days:** Salisbury has a very limited number of spots available for grade 11 students interested in attending Discovery Days in Health Sciences. The event will take place on October 16 at the University of Alberta and is an opportunity to explore a variety

of health science-related careers. Students must have their own transportation to and from the event. If you are interested, please see Ms. Footz in Guidance on or before September 15 to put your name on the list. If there are more interested students than available spots, there will be a draw to determine attendees.

- **Terry Fox Run:** The Salisbury Terry Fox run and walk will be on Thursday, September 18, after block 2. We will run a [modified schedule](#) that day. We will be fundraising in our block 2 classes. The class with the highest percentage of their class participating (minimum \$2 donation per student) will get a frozen treat the next day. The class with the most money raised will win a hot lunch for the whole class.



You can donate cash to your block 2 teacher or by using the QR code here and on posters around the school.

- **Sports Medicine:** The [Sports Medicine store](#) is now open until September 25.

Student Information:

- **Post Secondary Presentations:** The following Information presentations will be held in the cafeteria at 2:30 p.m.
 - September 17 – University of Alberta
 - September 24 – NAIT
- **Wellness Centre:** The Wellness Centre will be open after school for any students who wish to workout starting on Tuesday, September 2. All are welcome to workout in the facility, no matter comfort level or experience, it's FREE! Hours are 3:20 – 4:30 p.m. (Wednesdays are 2:20 – 3:30 p.m.) Please see Mr. Chabaylo or Ms. Monea if you have any questions.

Athletic Information:

- **Cross Country:** Congratulations to all runners who participated in last night's cross-country race! Special shout out to Cain N. for his 5th place finish.
- **Athletics Calendar:** Please see the [Athletics Calendar](#) for this week's activities.

SAL Cafeteria:

Weekly Menu is attached.



Cafeteria Highlights

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Soup Dill Pickle Special Wrap Spicy Chicken Wrap \$5	Special Wraps Spicy Chicken Wrap Grilled Veg Wrap with Basil Dressing & Goat Feta \$4	\$5 Special Beef Crunch Wrap Supreme With salsa and sour cream	Daily Soup Creamy Tomato \$5 Special Combo Tomato Soup & Grilled Cheese	Pizza Donair Pepperoni Italian Sausage Cheese Hawaiian Vegetarian \$2 Fresh Doughnuts! Glazed Doughnut, Boston Cream, & Bavarian Cream