Good Morning, Bonjour, Buenos Dias and Gilakas'La Carihi

# Carihi Clothing:

Order your Carihi hoodie, shirt or sweatpants now!

Orders are due in by Thursday, October 5th and forms can be found at the office.

See Ms. Perras in F102 for limited sample sizes available.

Carihi clothing will only be available once this year for ordering, do not miss out!



#### Carihi Interact Club:

Want to make a difference in your school, community, and the world? Then join the Carihi Interact Club. All are welcome. We meet at lunch today in F105.

## **Island Health Youth Clinic:**

Youth Clinic at Carihi is today from 2pm—3pm in the Counselling office. This is your opportunity to speak privately to a Public Health Youth Clinic Nurse. No adult permission is required and services are completely confidential. Drop in or set up an appointment with Megan Mitchell by text: 250-203-1879 or email megan.mitchell@viha.ca

#### **Cross Country:**

Anyone interested in Cross Country, please meet in the gym for our first run at 3:00pm today. Bring running gear.

## Girls' Basketball drop-in:

Girls basketball drop in starts today from 6:00-7:30pm.

# **Rec Girls Volleyball:**

Attention Rec Girls Volleyball players, your first practice will be tomorrow, Tuesday, from 7:00—8:30am

#### **School Photo Day:**

Mark your calendars, photo day is October 17th.

Do you currently have an after school job or thinking about getting one? Count those job hours towards credits by signing up for WEX! See Mr. Fitz in F141 with any questions or message Donnie Fitzpatrick on TEAMS.

# To sign up for WEX, follow the QR Code or visit:

https://forms.office.com/r/8U1sVC3aEr



