



Announcements

Friday, September 12th, 2025

There will be a pizza lunch meeting in the learning commons for all Indigenous ancestry students today starting at 11:30. Come down to connect with Ronnie and Ms. Ubriaco as well as visit with Nicole from Southgate.

Monday, September 15th is picture day. **All Grade 12s** need to be excused from their **B BLOCK** classes at **11:30 AM** and head straight to the courtyard steps for their Grad 2026 class photo with Island Life Photography. **All staff** should follow suit and be in the courtyard for the **staff photo at 11:45**.

We are very happy to announce that we will have a Girls Rec Volleyball team this season! We will hold practices on Tuesdays in the morning at 7:30am. We are working on getting a game schedule together. All girls who tried out for a team are welcome to attend. Please contact Mr. Ruehlen for more details.

If you would like to join the Interact Club meet us next Tuesday, September 16th in the Hackerspace G122 office at lunch.

There are yearbooks from last year available for purchase in the office for \$55.00.

The musical sensation 'Moulin Rouge!' will be in Vancouver in January. We are planning a day trip for Saturday, Jan 24th. Travel details are still being worked out, but deposits are due Sept 15th if you want a ticket! See/Msg Ms. MacFarlane for the letter.

Bus Supervision:

McKenzie Bakota	September 3 – 12
--------------------	------------------

Lunch Supervision:

Friday	Fonagy	B wing walkabout	B Wing by vending machines
	Camarin + Kildaw	Upstairs, Cafeteria	B Wing closest to Cafeteria
	Fennel/Hagen	Outdoor main entrance way	F Wing
	Wihnan	Lower parking lot & G Wing	Changeroom
	MacFarlane	Learning Commons/Courtyard	F Wing
	McIntyre	Gym	Changeroom
	Humphries	SFL	
	Williams	Hackerspace	



Ages 13-18

**No cost to participate!*

Learn to Cope with Stress

Y Mind

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

Y Mind is a 7-week program for teens who are experiencing symptoms of mild-to-moderate anxiety. Participants learn and practice strategies to help manage anxiety, helping them feel calmer and more in control.

Y Mind gives teens the chance to connect with other teens who get it.

Dates: Wednesdays @ 3:30-5:00 PM. Sept. 24 - Nov. 5th, 2025.

This FREE program is run by caring, trained staff,
in a safe supportive environment.

Tami Recker
778-346-0033 | tami.recker@crfb.ca
Nici Forsyth
778-346-0033 | nici.forsyth@crfb.ca



487 - 10th Avenue
Campbell River, BC
Canada V9W 4E4



**BRITISH
COLUMBIA**

Supported by the Province of British Columbia

<https://crfamilyservices.ca>