



Announcements

Thursday, September 11th, 2025

Athletic meeting for ALL Timberline students that want to be on a team this year. Theatre Thursday @ Lunch (11:45)

There will be a pizza lunch meeting in the learning commons for all Indigenous ancestry students on Friday September 12 starting at 11:30. Come down to connect with Ronnie and Ms. Ubriaco as well as visit with Nicole from Southgate.

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.

All BOYS interested in VOLLEYBALL ... tryouts/practice
Thursday (11th) 3:15-5:00
*clean indoor shoes & PE clothing!

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

Picture day is Monday, September 15th.

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

Join us on our trip to London, England in May! This theatre focused trip will be to explore London's West End Theatre District and include a workshop at Shakespeare's Globe Theatre. An information meeting for new travellers will happen in the theatre at lunch on Wednesday, Sept 10th

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:

Thursday	Etheridge	B wing walkabout	B Wing by vending machines
	Nicoll + Logue	Upstairs, Cafeteria	B Wing closest to Cafeteria
	Lontayao	Outdoor main entrance way	F Wing
	P. Murphy	Lower parking lot & G Wing	Change Rooms
	A. Murphy	Learning Commons/Courtyard	F wing
	Schopp	Gym	Change Rooms
	Hernandez	SFL	



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.

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