



### Push Up Challenge February 5th to 27th:

Join the push up challenge! Don't worry if you can't do pushups, do anything you want! Sit ups, squats, lunges, jumping jacks. It's not about the push ups, it's about creating awareness of Canada's mental health. Create a "team" under the Carihi Community or join a team and start pushing!

<https://www.thepushupchallenge.ca/fundraisers/carihi>



### Carihi Wrestling:

Congratulations to Carihi Wrestlers Ronin J. and Nora M. Over the past two weekends they have had outstanding results at tournaments. Ronin won a Bronze Medal at both the Seaforth Cup in Vancouver and at the Alberni Invitational in Port Alberni. Nora M. won Gold Medal at the Seaforth Cup and the Alberni Invitational.

### Carihi Tutor Available:

Are you in need of help with a subject or two? Our student tutor, Zuri H, is available on Mondays & Wednesdays from 3-4pm in the Carihi Learning Commons.

## GRAD ANNOUNCEMENTS:

### Grad Parent Exec Meeting:

The next Grad Parent Exec meeting in Wednesday, February 4th at 6pm in the Library Learning Commons.

### Grad Yearbook Write Up:

Grads, the Office Form is now open to submit your grad write up for the yearbook: **[GRAD 2026 YEARBOOK WRITE UP FORM](#)** You must be signed into your SD72 login to access the form. Your submission is due by 11:45am on February 27th, this will not be extended! Be sure to get your write up in on time to avoid a generic message with your grad photo!

### Grad Photos:

Grad photos are ready for viewing, visit: <https://vando.imagequix.com/A9YHE9N>  
Be sure to login and select your pose for the yearbook.

Retakes can be booked if needed at: [Schedule Appointment with Island Life Photography](#)

If you would like to book an in studio session with your pet, friends or family, you can book through:

[Schedule Appointment with Island Life Photography](#)

### Cap & Gowns:

Cap & gown orders must be in before Spring Break, the cost is \$40.00. If paying by e-transfer, please include your name and height for your robe length. E-transfers can be sent to [carihi.accounting@sd72.bc.ca](mailto:carihi.accounting@sd72.bc.ca)

### Baby Photos:

Grads, if you'd like to have your baby photo included in the yearbook and in the grad slideshow at commencement, please send a copy to [carihi.grad@sd72.bc.ca](mailto:carihi.grad@sd72.bc.ca) The deadline for Yearbook is February 27th so get your photos in! If you have an original you'd like to submit, please bring it to the main office, we will scan your photo and return it to you.

