



# This Week in the Dog House



<http://belmont.sd62.bc.ca/>

September 25th - September 29th, 2017

The name, "This week in the Dog House" is a play on words as our school mascot is the Bulldog!

**Our school community is awesome!** We raised \$1031.80 "bail money" for Cops for Cancer research on Friday. The PEP rally was amazing too.

## Did you know?

• **Belmont PAC is open to all parents and you can attend any meeting?**

- There is no fundraising
- We meet once a month - Meeting dates are on our website - next meeting on October 3rd <http://belmont.web.sd62.bc.ca/parents/parent-advisory-council/>
- We have Extracurricular Gaming Funds budget to disperse to our school
- We are always interested in Legacy Projects for our school community
- We help shape our school goals
- We have a channel on the Belmont APP to send out reminders and other information
- Email the PAC executive if you have ideas or feedback - [bsspac@sd62.bc.ca](mailto:bsspac@sd62.bc.ca)

## MONDAY, September 25th

- Fruit and Vegetable program - Mini Peppers
- Ultimate Frisbee Club meet Monday in Dayna's room.

## TUESDAY, September 26th

- Play Ultimate Frisbee @ 3:45 -4:45 pm.

## WEDNESDAY, September 27th

- **Welcome back evening for parents, students and staff. From 6pm to 8pm.**
- SPEAC Emergency Planning Meeting from 7-9 at the School Board Office
- Slam Poetry Club meet in room A205 at lunch. Bring some spoken word lines to share.

## THURSDAY, September 28th

- Fire Drill @ 9:10 am
- GSA in room A205 at lunch

## Friday, September 29th

- Orange Shirt Day

## Coming Soon ....

- Oct 4 - Cops for Cancer "pit stop" for lunch
- Oct 5 - UVIC Men's basketball team vs Bishops University hosted at Belmont
- Oct 9 - Thanksgiving

**Check out the football commentary on the bottom of page two about Friday's game. Very IMPRESSIVE!**

**Congrats to the Senior Girls Volleyball Team on defending their title at the UBC Mizuno Invitational Tournament!** The ladies took home the 44 team championship with an undefeated record, including big wins in the semi-finals vs Harry Ainway of Edmonton and over Handsworth of North Vancouver in the final. With this win the team is now the #1 ranked team in the province! Way to represent ladies!

**Belmont Ultimate Frisbee Club (BUFC) Co-ed, everyone welcome!** Meeting Monday lunch in Dayna's room for info. Come play Tuesday after school. Bring your cleats and join us every Tuesday, 3:45-4:45 on the back field. Learn the basics, meet new people, and have some fun! Teacher sponsors: Mr. Wilson, Mr. Stee and Dayna.

**YMCA Jumpstep teaches teens how to support their mental wellness with physical activity and healthy coping strategies.**

Do you ever feel low-energy or low-mood? Do stress and worries impact your life? Is it difficult to motivate yourself to exercise?

Jumpstep for teens could be the program for you:

□ 10-week mental wellness and physical activity program for teens 13-19 years old in School District 62. Held at the Westhills Y.

□ Group discussion, learning and engaging physical activity sessions.

□ Participants receive a FREE 12-week YMCA-YWCA Vancouver Island Membership.

□ Teens have the opportunity to meet new people and have fun!

For more information, please see the attached poster or contact your school counsellor.

**Hope to see you at our "welcome back evening" this Wednesday.**

**Please see attached for more details**

**Grade 12 Students, Now is the time to apply for FREE MONEY!!!! Scholarship opportunities are waiting for you!!!**

We currently have some major scholarship opportunities including the Loran Scholarship. The Schulich Leader Scholarship, the TD scholarship and the Yconic Scholarship. Each scholarship has its own application process and deadline.

Check out the Belmont Scholarship Weebly website for detailed information and application procedure.

<https://belmontscholarship.weebly.com/>

Don't tell your friends, the fewer people that apply the greater chance for you!!!

**The Boys's and Girls Club is offering a Youth Leadership Course.**

It will be run on Tuesdays from 3:30 to 6:00 with pickup from Belmont School. It is a continuous entry program and runs until May.

Cost is \$125. Check out their website for more information.

- Oct 16 - Fruit and Vegetable program - Baby Carrots
- Oct 20 - Pro-D (school not in session)
- Oct 30th - Fruit and Vegetable program - Mixed Organic Apples
- Nov 13 - Remembrance Day
- Nov 20 -21 - Band trip to Courtney
- Nov 23 - 3 hr. early dismissal Parent/Teacher Conferences
- Nov 24 - Pro-D (school not in session)

Sign up for the Careers and Transitions channel on the Belmont app to get all the latest news on career events.

AND.....Check out the Career Centre's webpage at <http://bsscarrercentre.weebly.com> and click on the tabs to view Belmont's Career Successes, Career Events/Opportunities, Jobs and Volunteer Opportunities. There are also bulletin boards in the Career Centre and in the hallway for postings on jobs and volunteering.

<http://www.bgcvic.org/clubs-camps/youth-leadership/>

**Sr. boys Basketball tryouts for both A and B Teams.**

- Sunday Oct 1 - 11:45-1:30pm
- Monday Oct 2 - 7:30-9:30pm
- Tuesday Oct 3 - 3:40-5:15pm

**Oct 28 @ 7pm**

- Harlem Crowns vs. Belmont Sr Bulldogs
- See any boys basketball player for tickets - \$10.

**Post-secondary Pre-application**

The transition to post-secondary is a big step for your teen and it's also a big step for you. Get the information you need to best support your student to prepare for the world of post-secondary.

In this session we will be covering:

- The different academic expectations between secondary and post-secondary
- The most common challenges post-secondary students face and how to prepare for them now
- How our roles change both in the coming year and once your student starts post-secondary
- Wellness focused resources for parents and students

Date: October 4<sup>th</sup>, 2017

Place: Royal Bay Teechamitsa Theatre

Time: 6:30-8:00

**No. 5 VANCOUVER COLLEGE 9 at BELMONT 25**

VICTORIA — Eli Helms-Norton had the game of his life, and Victoria's Belmont Bulldogs may well have won the biggest regular-season game in the history of its program on Friday.

Helms-Norton returned the opening kickoff 90 yards for a score and later added two more high-impact TD strikes in the Bulldogs 25-9 win over the No. 5-ranked Vancouver College Fighting Irish.

"It's a huge day for our program," said Belmont head coach Alexis Sanschagrin. "Vancouver College is a perennial powerhouse and showing that we can be successful against the elite teams of this province is something we've been close to many times but hadn't manage to finish.

"I am especially proud of this group because they've competed against some extremely strong competition week in and week out for three-to-four years now and the reality is that it's hard to tell a team full of teenagers that they are very good when the wins don't necessarily come regularly. For that reason, opening the game with a kickoff return for a touchdown was huge for us mentally. Eli Nelms-Horton is a special player and his big-play ability was a key factor today."

Helms-Norton later caught touchdown passes of 52 and 85 yards from quarterback Kalen Jules, and his three catches on the game went for 142 yards.

Jalen Chung also caught a touchdown pass for the winners.

"There is no doubt we have skill outside but we owe that win to the gutsy performance of our line," added Sanschagrin.

"Due to injuries, we started the game with only six varsity linemen available and we even leaned on Grade 10 Spencer Logan to help us out. As the game progressed, our boys got tired, banged up but they had a fight in them that kept them going until the end. I can guarantee you their tank is empty right now."

Safety Carter Price and linebacker Jason Ouellet had seven tackles apiece while corner Kenan Blanchard collected an interception.

<http://www.hudl.com/video/2/24608/59c7dbd790f93f11acccede>