



This Week in the Dog House



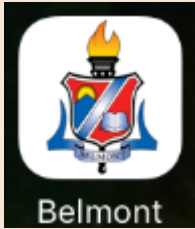
<http://belmont.sd62.bc.ca/>

September 12th, 2016

This week is Download Belmont APP week. Our goal is to have all students, parents and staff have this APP to enhance our communication!

The Belmont Bistro (Cafeteria) is open starting Monday, September 12th.

Please download this APP



Please see the attached document to download the APP and get started

MONDAY, September 12th

- Belmont Bistro is open for business

TUESDAY, September 13th

- Staff Meeting @ 4:00 pm
- Senior Boys' Soccer practice 5:00 - 6:00 pm @ lower Westhills Rugby Field

WEDNESDAY, September 14th

- **Picture Day - forms go to the photographer**

THURSDAY, September 15th

- Senior Boys' Soccer practice 4:30 - 6:00 pm @ lower Westhills Rugby Field

FRIDAY, September 16th

- Terry Fox Day
- PEP Rally - Postponed, new date TBA
- Football game after school

Coming Soon in September...

- Sept 19 - School Planning Day (school not in session)
- Sept 20 - PAC Executive Mtg. @ 7:00 pm
- Sept 24 - "Town Hall" hosted at Belmont about democratic reform
- Sept 24 - Lantern Festival in Westhills
- Sept 30 - Orange Shirt Day "Every Child Matters" Campaign

Peaches will be delivered to classes as part of the BC Fruit and Veggie Nutritional program. See the attachment.

Belmont Bistro

Open daily 8:30 am. to 1:30 pm - Closed during TAG

Ms. Cullen and her class are researching, designing and producing the History of Belmont timeline from 1947 to 2015. This graphic and informative material will be displayed in over 11 metres of display case in our front entrance. We are currently missing the 1974 yearbook as a reference piece. Anyone able to lend this to us? We will scan it and return it to you in the exact same condition.

Belmont's GSA (Gay-Straight Alliance) will meet every Thursday at Lunch in A205 (Mr. Wilson's room). Mr. Brown is the teacher sponsor. Come out to discuss how we can make Belmont a positive place for people on all areas of the gender spectrum. Barbecues and fun events to follow!

We are looking for student helpers in our Belmont Bistro during lunchtime. Please see Mrs. Irving in the Bistro if you are interested. As well, if you are interested in work experience in our Bistro, please contact Mrs. Nicholson or Mrs. Hyde in the Career Centre.

Interested in helping pump up the crowd for Belmont events and sports by DJ'ing, running video, and more? Mr. Grainger, also the DJ for the Victoria Royals, is now recruiting for the Belmont Sports & Event Entertainment team! Plus, you can earn 4 credits outside-the-timetable for the time you put in. You'll also work and learn from industry pros with NHL, TSN, and local experience. A great opportunity for those interested in getting involved in the school community, or considering a career in the world of sports and entertainment. See Mr. Grainger in room B222, email tgrainger@sd62.bc.ca, or your counsellor for more information!



Football game this Friday after school. Hoping you can come out and join in on the cheering!

Interested in Cheerleading? Come to a Belmont Cheer Team practice to check it out. Tuesdays and Thursdays at 3:30 in room D111. See Miss Rachael in room B210 or email rsandberg@sd62.bc.ca for more information.

* Gluten free

Breakfast :

- *Fresh fruit or Yogurt cup 2.50
- Breakfast Wrap - sausage egg cheese flour tortilla 3.75
- Breakfast Sandwich- sausage or bacon egg cheese
- English muffin 3.50
- *Hashbrowns - 2 pieces 1.25
- Oatmeal- Quaker asst. variety 2.00

Sandwiches, Wraps etc :

- Assorted sub sandwiches 5.00
- Chicken Caesar Wrap 5.00
- Multigrain Bagel and cream cheese 2.00
- Pizza Pretzel 2.00
- Hummus and Pita 2.75
- *Veggies and Ranch Dip 3.75
- *Snack Pack - cheese pepperoni crackers grapes 4.00
- *Caesar Salad / Mixed Greens Salad 3.50
- *Sushi - fresh daily assortment 6.00
- Heat and Eat Rice Bowl 6.00
- Hot Noodle Bowl 1.75
- Savoury bun 2.25

After 11:15 Lunch items :

- Cheeseburger 2.75
- Jumbo Hot Dog 2.50
- *Fries - small 2.00 large 3.00
- Soup of the day 3.75
- Daily Hot Special 3.75 - 5.50

Snacks and Sweets :

- *Fresh Fruit by the piece .75
- *Crackerbarrel Cheese Stick 1.00
- *Pepperoni Stick 1.00
- Nature Valley Granola Bar .75
- Cinnamon Bun 1.75
- Muffin 1.50
- Cookie .50
- Sweet bun 1.75
- Fresh Baked Trail Mix Bar 1.75
- *Ice Cream 1.00
- *Sesame Snaps .75
- Chocolate Bar 1.50
- Halls / Gum 1.75

Beverages :

- Coffee Tea Hot Chocolate Hot Apple 1.50
- V8 1.75
- Assorted Juices / Iced Tea 2.50
- Vitamin Water 3.00
- Chocolate or 2% White Milk 2.50
- Chocolate or Vanilla Soy Beverage 1.75
- Water 1.50
- PowerAde 2.50

Volunteer! Gain employability skills, give back to the community and become a good citizen by volunteering.

Volunteer opportunities for this month are:

Victoria International Chalk Art Festival
West Shore Arts Council "Light up the Hills"
Lifecycles Project

CNIB (Canadian National Institute for the Blind)

PGA Tour Champions Event

Please see <http://bssccareercentre.weebly.com/volunteer.html> or come to the Career Centre for more information and descriptions of the tasks.

Work Experience 12 credits. Do you know that you can receive four to eight Grade 12 credits depending on the number of volunteer or paid hours completed this school year? A minimum of 90 hours are required for Work Experience 12A and for 12B. The volunteer and paid hours must be approved by the school by completing the necessary paperwork. Please see Mrs. Nicholson in the Career Centre by September 16, 2016 to sign up for Work Experience 12. If you have questions please contact Mrs. Nicholson at nnicholson@sd62.bc.ca.

Please do not use "accessible parking (handicapped parking" in our parking lot and lower Goudy when waiting for students. Unless, of course you have the appropriate permissions from ICBC.

Any students who are interested in joining Westshore Rugby for are invited to attend training on Tuesday and Thursday evenings from 5:30pm-7:00pm at the Velodrome behind the Q Centre (Juan de Fuca Rec). There are both girls and boys programs at the U14, U16 & U18 levels, no experience necessary. Come on out and join in on the action!

Do you have any questions about bussing? If you do please email: bussing@sd62.bc.ca or visit the website: <http://www.sd62.bc.ca/about/transportation/>