



BEAR NECESSITIES

FRIDAY, OCT 2, 2026

Bus Supervision: Marshall / Byrne / Byland

Front Stairs Front Foyer & Sidewalks by
Gender Neutral Washroom Portables

Daily Bell Schedule	
Block 4	9:15 – 10:35
Break 11 min	10:35 – 10:46
Block 3	10:46 – 12:05
Break 40 min	12:05 – 12:45
Block 2	12:45 – 2:04
Break 10 min	2:04 – 2:14
Block 1	2:14 – 3:30

Sushi Friday TODAY at "The Cave"!
California, Yam, Veggie & Avocado - \$6
We also offer Pizza every day - also small lunch items, snacks & drinks. Open breaks and lunch!

BEAR WEAR FRIDAY!! | GRADE COMPETITION

As part of our BELONGING MISSION, rep your grade and show your BEAR spirit!

Wear **BEAR** Wear, **RED**, or **BLUE** for the following FRIDAYS (Oct. 2, Oct. 16, Nov. 6, Nov. 13) and *check in at lunch in the MPR* to earn points for your grade.

Which grade will reign supreme!?!

MONOCHROME DAY | OCTOBER 7
Our Belonging Mission continues! Wear **all one colour** and stop by the MPR at lunch for candy and some fun!

STUDENT NIGHT | MBSS x WESTSIDE WARRIORS

Join us on **October 16** at 7 PM for Student Night! Tickets are \$8. Join the MBSS Student Section and help us pack the rink!

All ELL Students - There will be a meeting on Friday Oct 2 at lunch. Come to Portable 4 by 12:15 to meet with Ms. Pauls.

Peer Tutoring for ANY SUBJECT!
Room 013 at lunch every Tues & Thurs
Starts Tuesday, October 6

Entrepreneurship Pop-Up Store - Wed Oct 7!
Stop by the MPR during morning break to check out a variety of snacks, treats, drinks, and more from our Entrepreneurship students.
Bring cash and support our young entrepreneurs!

Breakfast Club – Bear Cafe
Monday to Friday, 8:10-9:05 am in the MPR
Everyone is Welcome!

Counselling Centre/Career Centre (CC)
-Mount Royal University - Oct 8, 9:30 am - CareerCtr
-University of Calgary - Oct 8, 2:30 pm – Career Ctr
-Mini PSI Info Fair - Oct 22, 9:15 am – MPR
-University of Calgary (Indigenous) -Oct 22, 2:20 pm, Gathering Room

Career Spotlights!
Rocky Mountain Tattoo – Oct 6, 2:20pm, Library
Nursing UBCO – Oct 13, 2:20pm, Library
LPN - Oct 22, 2:20pm, Library
Optometry - Oct 29, 9:30am, Library

Dual Credit – Forestry There are still some seats available for Semester 2 DC forestry program at RSS. More details in your career centre!

Volunteer Opportunities!
Interested in making a difference in YOUR community? Keep an eye on your Careers Google Classroom for volunteer

opportunities. Many options are available whether you want just a few hours one weekend, or an ongoing placement for the year.

Classroom Codes:
Grade 10—3y4eiowo
Grade 11—swrbpeie
Grade 12—orektizw

