# BEAR NECESSITIES

## WEDNESDAY, NOV 18, 2026

**Bus Supervision: Gallagher** (Front Stairs) **/ Gilbert** (Front Foyer & Gender Neutral Washroom) **/ Godwin** (Sidewalk by Portables)

| Regular Bell Schedule | |
|---|---|
| Block 6 | 9:15 – 10:35 |
| Break 11 min | 10:35 – 10:46 |
| Block 5 | 10:46 – 12:05 |
| Break 40 min | 12:05 – 12:45 |
| Block 8 | 12:45 – 2:04 |
| Break 10 min | 2:04 – 2:14 |
| Block 7 | 2:14 – 3:30 |

### Term 2 Theme is EMPATHY

This term, we're shifting our focus from BELONGING --> EMPATHY, encouraging students and staff to support one another through kindness, appreciation, inclusion and giving back. Together, we can make a positive difference in our school community. #BearsHaveHeart

**What is Empathy??** Empathy is the ability to understand and share others' emotions, allowing us to see things from their perspective and connect with their feelings.

**Help us raise money for**
***Community Holiday Hampers***

***HOLIDAY HAMPER BAKESALE***
Bake Sale @ lunch in the MPR
**Thurs Nov 19 & Fri Nov 20**

***DIRTY ALANIS***
Grab a Dirty Alanis at lunch in the MPR
**Wed Nov 25 & Thurs Nov 26!**
Proudly sponsored by SimpsSyrups!

**Diversity Club** will be hosting a memorial in honour of Transgender Day of Remembrance on Friday Nov 20 at lunch in room 127. This day is meant to memorialize those who have lost their lives due to transphobia.

**Come and Moonball it up today at lunch** in the Bear Gym! No experience necessary. Everyone welcome.

**No Shave November!** Help us raise money for Movember Canada and unlock some outrageous facial hair designs for our brave staff! Donate through School Cash Online or stop by our booth in the MPR at lunch.

**Looking for a lowkey place to hang out at lunch?** The Counselling Centre drop in space is open every Wednesday at lunch. Grab a stool, build some Lego, try a brain teaser, or just chill. Everyone welcome!

**Jr Boys Basketball Tryouts**
Nov 18 @ 3:30-5:00 pm (Ian Snow)

**Please come to the library to collect your "Get Caught Reading Challenge" Prize:** William Calhoun, Nikita Dereka, Nick Strauss, Kayden Patkau.

**Peer Tutoring for ANY SUBJECT!**
**Room 013 at lunch every Tues & Thurs**

### Counselling Centre/Career Centre (CC)

**-Strengthening Connections Indigenous Fair,** November 19, 10:30 am, Library
**-Mt. Allison, St. Francis, U of New Brunswick,** November 26, 2:20 pm, Careers Centre

### Career Spotlights!

**Medical Imaging** - Nov 19, 2:20 pm, Library
**RCMP** - Nov 25, 2:20 pm, Library
**Medical Lab Tech** – Dec 9, 9:30 am, Library

