



# October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 National Truth & Reconciliation Day -No School-	3 Switch Day (Monday) Tennis	4 Early Dismissal A- On Ice & Dryland Training B- Dryland Training & On Ice C- Outdoor Act. & Soccer (DCC)	5	6 PD Day -No School-
9 Thanksgiving Day -No School-	10	11 A- Dryland Training & On Ice B- On Ice & Dryland Training C- Outdoor Act. & Soccer (DCC)	12 Switch Day (Monday) Bowling @ Fort Lanes	13 1 - Leadership Assignment 2 - Volleyball
16 Leadership Assignment	17	18 A- On Ice B- Fitset Ninja C- Trapped: Escape Rooms	19	20 1 - Volleyball 2 - Leadership Assignment
23 Bowling @ Fort Lanes	24	25 A- Trapped: Escape Rooms B- On Ice C- Swimming @ MP	26	27 1 - Leadership Assignment 2 - Volleyball
30 Leadership Assignment	31	NOV. 1 A- Swimming @ MP B- Trapped: Escape Rooms C- Gym Act. & Dryland Training	NOV. 2	NOV. 3 1 - Volleyball 2 - Leadership Assignment

## Notes

### BEHAVIOUR

Students are expected to follow all Sports for Life Program rules and guidelines. All rules and expectations will be outlined in the handbook and/or discussed with students on the first day, or prior to activity.

### PERMISSION FORMS

It is the student's responsibility to ensure that their permission forms are signed by a parent/guardian and returned so that they will be able to attend scheduled activity.



### CLOTHING

Students are responsible for ensuring that they are prepared each day with appropriate active clothing and a pair of indoor shoes each day. Students should also be prepared for outdoor activities and dress appropriately.

