



PANTHER PRESS NEWSLETTER

September 9 - 13

Important Dates This Week

- Sept 9th - ABCD
 - Grade 12 & Grade 10 Assemblies
- Sept 10th - CDAB
 - Grade 11 & Grade 9 Assemblies
- Sept 11th - BADC
 - Jr Football vs. West Van 3:00pm
- Sept 12th - DCBA
 - Open House / Meet the Teacher Night 6:00pm
 - Grad Parent Info Night 7:30pm
- Sept 13th - ABCD
 - Sr Football vs. New Westminster 7:00pm



Welcome back, Panthers!

What an amazing week we had welcoming all our students and staff back for another year of Panther Pride! It was great to see our grade 9s on Tuesday, learning the ropes with our Link Crew. The vibe of the building on Wednesday when we welcomed all 1350+ students back to the building was amazing! We saw our Junior Football team carve out their first win of the season on Thursday afternoon against Spectrum and enjoyed a warm September night under the lights as our Senior Football team won their first match against Kelly Road from Prince George.

You'll find this weekly newsletter filled with information about the upcoming events at Abby Senior to help you plan your schedule. Archived copies of the newsletter will be kept on our school website <https://abbysenior.abbyschools.ca/>

Open House / Meet the Teacher Night

September 12 6:00pm - 7:30pm

An annual tradition at Abby Senior is our Open House / Meet the Teacher Night. All Panthers and their parents/guardians/caregivers are invited to attend!



Where: Abbotsford Senior Secondary School

When: Thursday September 12th 6:00pm - 7:30pm

At 6:00pm, join us in the Pit Gymnasium for a brief opening from our Administration team and counsellors. From there, cycle through your Panther's schedule, check out their classrooms, see their locker, meet their teachers and find out about their course requirements. If your student is unable to attend, make sure you know their schedule so you'll be able to find their classrooms!

**Please note, this is not Parent-Teacher Interview night, which takes place in October. This is simply an opportunity for you to meet us, tour the school, and find out a bit more about your Panther's classes!



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Grad Parent Info Night -

September 12 7:30pm

Immediately following our Open House / Meet the Teacher Night, we will be hosting our Grad 2025 Parent Info session in the Library Learning Commons. Please join us at 7:30pm as we highlight some of the key events in the Panther Grad year, go over graduation requirements, as well as form this year's Dry Grad Parent Committee.



MySchoolDay App HoneyGarlic Software

The MySchoolDay App is the primary method that Panthers will be using to keep track of their schedules, learn about important events in the school, and hear about upcoming events. But it's not just for students! Parents can download the app from the Apple App Store or on Google Play to also keep track of their Panther's schedules. For parents with multiple students in multiple schools, up to ten different student profiles can be set up so you can keep track of everyone's schedules.

How to help your student come to school ready to learn:

Here's some helpful tips on how to help your Panther to be successful in their education!

1. Establish a routine. Set consistent bedtimes and wake-up schedules for adequate rest
2. Provide Nutritious Food. Offer healthy meals and snacks to fuel their brain and body
3. Encourage a positive mindset. Support your student emotionally and foster a positive attitude about learning and school
4. Communicate with Teachers. Stay informed about your student's progress.
5. Encourage physical activity. Support regular exercise to boost overall well-being and readiness for learning.

