



PANTHER PRESS

WEEK OF OCTOBER 12-16

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity.” — Melody Beattie

Happy Thanksgiving from us here at Abby Senior! We hope you enjoy a restful long weekend and take some time to reflect on what you're grateful for.

News and Notes:

Indigenous Role Models

We have some amazing Indigenous students in our school, and we invite you to encourage our deserving Indigenous students in Grade 12, graduating in 2027, to apply for the **Indigenous Role Model Award**. **Applications are due December 4, 2026, at 11:45 p.m.** This is a hard deadline with no exceptions, as we have extended it as late as possible. Please see one of our Indigenous Support Teachers for full details.

Spirit Week & Pep Rally

This past week was spirit week! Students and staff dressed up and participated in activities to show their school spirit and build a sense of community. Days included jersey, twin, album covers, fall colours, and grade colours. The week was capped off with an enthusiastic pep rally planned and run by our amazing leadership students and teachers. Below are some pictures from spirit week:



COMING UP THIS WEEK

Mon, Oct 12 – Thanksgiving Day

Tues, Oct 13 – CDAB

- Dept Head meeting @ 2:45 pm in Library
- Fall Student Voice Forum @ Clarion
- Sr Boys Soccer @ LSS

Wed, Oct 14 – BADC

- Photo Retakes in Rotunda
- Jr Boys Football vs. GW Graham
- Jr Girls Volleyball @ Mission
- Jr Boys Soccer vs. Fundy

Thurs, Oct 15 – DCBA

- Earthquake Drill
- Club Fair @ lunch in the Pit
- Sr Boys Soccer vs REMSS

Fri, Oct 16 – D-Tut-CBA

- Student Voice @ lunch in Library
- Jr Girls Volleyball @ Chilliwack tourney
- Sr Boys Football @ Sullivan Heights
- Drumline @ Langley Events Centre

Sat, Oct 17 – Municipal Elections
Voting Day

Looking ahead:

- Oct 20 – Staff Meeting
- Oct 21-22 – Early Dismissal/Parent/Guardian-Teacher Conferences
- Oct 23 – Pro-D Day



Bistro Menu

Tuesday Oct 13th - Closed

Wednesday Oct 14th

Macaroni and Cheese - \$6.00

Garden Salad- \$3.00

Tomato Soup- \$3.00

Thursday Oct 15th

BLT Croissant Sandwich- \$6.00

Garden Salad- \$3.00

Tomato Soup - \$3.00

Friday Oct 16th

Chicken Strips - \$6.00

Caesar Salad- \$3.00

Available Daily

Fries- \$3.00

Poutine-\$5.00

Cheese Pizza - \$2.00

Athletics

Swimming - practice Thursday @ ARC from 3-4 pm

Jr Boys Soccer - Wed v Fundy @ MRC

Sr Boys Soccer - Tues @ LSS, Thurs home vs Mountain

Jr Boys Football - practice Tuesday, game Wed at home vs GWG, practice Thursday on grass

Sr Boys Football - practice Tuesday, Wed, Thurs, game Friday at Sullivan Heights

Jr Vball - practice Tuesday/Thurs 2:45, game Wed at Mission 3:15, tourney in Chwk Fri/Sat

Sr VBall - game Tues pm 6pm at Brebeuf, practice Thursday pm

Club fair Thurs @ lunch in Pit

Intramural Schedule:

Tues - TSE v Apers

Wed - PE Lead meeting – no intramural's this day

Fri - Spoiler Spikers v Day to Day Élite