



PANTHER PRESS

WEEK OF OCTOBER 19-23

Early Dismissal Schedule for Wednesday October 21 and Thursday October 22

- Period 1 – 8:10 to 9:00
- Period 2 – 9:05 to 9:55
- Period 3 – 10:00 to 10:50
- Period 4 – 10:55 to 11:45
- Lunch – 11:45 to 12:25
- Interview appointments 12:25 to 2:24

Parents/Guardians, if you would like to schedule a time to meet with your child's teacher, please email them requesting an appointment time. Staff emails can be found on our website

<https://abbysenior.abbyschools.ca/contact/staff/abbysenior>

Bistro Menu:

Only open on Tuesday!

Tuesday Oct 20th

Grilled cheese sandwich - \$5.00

Tomato soup- \$3.00

Caesar Salad- \$3.00

Pizza- \$2.50

Fries- \$3.00

Poutine- \$5.00

Athletics □

- Lots of action next week with games in Vball, Soccer, Football and a Cross Country meet.
- Basketball trials start Monday for senior boys in the evening so they don't interfere with other sports
- Intramurals are into elimination games
- Early Dismissal Wed/Thurs but no game times have changed (Jr Girls Vball Practice time may)
- Pro-D Day Friday
- Congratulations to our September Athletes of the Month
 - Senior - Ayden Barwich (football)
 - Junior - Zoe Makris (volleyball)

COMING UP THIS WEEK

Mon, Oct 19 – ABCD

- SBT @ 2:40 pm in ELL room
- Jr Boys Soccer vs. BSS

Tues, Oct 20 – CDAB

- Staff meeting @ 2:40 pm in LLC
- Sr Boys Soccer @ Yale

Wed, Oct 21 – BADC

- Student Vote in LLC
- Early Dismissal @ 11:45 am
- Parent-Teacher Conferences (12:25-2:24pm)
- Jr Girls Volleyball @ SJB
- Jr Boys Soccer @ LSS

Thurs, Oct 22 – DCBA

- Student Vote in LLC
- Early Dismissal @ 11:45 am
- Parent-Teacher Conferences (12:25-2:24pm)
- Jr Boys Football @ Heritage Park
- Sr Boys Soccer @ WGSS

Fri, Oct 23 – Pro-D Day

- Friday Night Lights: Sr Boys Football vs Mission

Looking ahead:

- Nov 2-6 Literacy & Numeracy Assessments (see schedule below)
- Nov 4 – Take Your Kid to Work Day (Gr 9s)

Abbotsford Senior Weekly Athletics Schedule

		Monday (Oct 19)	Tuesday (Oct 20)	Wednesday (Oct 21)	Thursday (Oct 22)	Friday (Oct 23)
Pit Gym	6:45am	Basketball Open Gym	Drop in V-Ball - all welcome	Basketball Open Gym	Basketball Open Gym	
	2:45pm	Jr Girls Vball Practice	Jr Girls Vball Practice		Jr Girls Vball Practice	
	4:15pm					
	5:45pm		6:30-8:30pm - Sr G Vball			
	8:00pm					
Jungle Gym	7:00am	Basketball Open Gym	Basketball Open Gym	Drop in Badminton	Basketball Open Gym	
	2:45pm					
	4:15pm					
	5:45pm	6-7:30 - Sr B Bball Trials	6-7:30 - Sr B Bball Trials			
	7:15pm					
Outside Turf		Hirschman - Rugby PE		Hirschman - Rugby PE		
	2:45pm	Jr B Soccer v Brookswood	Sr Football Practice	Sr Football Practice	Sr Football Practice	7pm - SrB Football
	3:00pm		Jr Football Practice	Jr Football Practice		v Mission
Outside Field		Jr Football Practice				
	2:45pm	Sr Football Practice				
	2:45pm	X-Country Practice				
Away					Swimming 3-4 at ARC	
Games	3:30pm	6pm-SrG Vball v Aldergrove	Sr Boys Soccer at Yale	3:15 - JrG Vball at SJB	JrB Football at Heritage P	
		at Dasmesh	XC Meet at Isl 22 Chwk	3:30 - JrB Soccer at LSS	Sr Boys Soccer at Walnut	
				at McLeod Park	7:30 - SrG Vball at GWG2	
Weight Room	7:00am	Work Out Club (Supeene)	Work Out Club (Lakey)	Work Out Club (Morgan)	Work Out Club (Lakey)	
	2:45pm	Work Out Club (Smith)	Work Out Club (Dhaliwal)	Work Out Club (Smith)	Work Out Club (Dhaliwal)	
Stage	7:00am					
	2:45pm					
Intramurals	lunch	Volleyball Intramurals	Volleyball Intramurals	PE Leadership Meeting	No Intramurals	
		AFD v Apers	Double Stuffed v Day to Day	11:05 Start in the Pit	Lapapi Gang v Mon. Winner	
Spirit Events				Early Dismissal	Early Dismissal	