



PANTHER PRESS

WEEK OF SEPTEMBER OCT 5 TO OCT 9

Reminders

Spirit Week This Week – time to break into the crazy costume drawer – Monday is Jersey Day, Tuesday is Twin Day, Wednesday is Album Cover Dress, Thursday is Fall Themed, Friday is our first pep rally of the year.

Please take a few moments to log into the Parent Portal of MyEd to view your current contact information. It is essential and this information is accurate and up to date. To view the form,

1. Log on to MyEd -using the parent portal
2. Go the PAGE button in the top left corner
3. Next, go to the PUBLISHED REPORTS section on the right side of the screen, about half way down the page.
4. Click on the VIEW button to open the document that shows your current contact information and address.
5. If there are any changes to make, please email abbysenior@abbyschools.ca and include your student's full legal name along with any changes that need to be made.
6. If your address is different, you will need come to the main office with the appropriate documentation.

News and Notes

If you missed the grad parent meeting on Thursday night. The presentation and information will be up on our website and in the grad teams next week.

Abby Seniors 70th was incredible. The sun came out just in time to welcome back community members, current families, and past graduates on Saturday. Throughout the afternoon, guests were able to enjoy performances from our drumline and band, tours throughout the school, our student “artist in residence”, a gallery view of student artwork, and by far the most popular, “find you and your friend on the composite.

COMING UP THIS WEEK

This week:

Monday – ABCD

Tuesday – CDAB

- Sr Boys Soccer vs WGSS @ 3:30pm

Wednesday – BADC

- Grad Assembly @12:00pm

Thursday – DCBA

- Jr Football @ Chilliwack @2pm
- Sr Boys Soccer @WJM @ 3:30pm
- PAC meeting @7pm

Friday – D- Pep- CBA

- Student Voice at lunch in library
- Sr Football @ Sullivan Heights @2:30pm
- Drumline at LEC @ 6pm

Looking ahead:

Oct 12 – No school
Oct 13 – Dept Head meeting and Student Voice Forum
Oct 14 – Photo Retakes
Oct 15 – Earthquake Drill

The evening event fell short of our goal in terms of attendance, but those who did make it out were just so happy to see their old gym and friends from decades ago. There was a sing along to “Red and Black Forever” and a lot of laughter.

A big thank you to Ms. Fleming, Mr. Macdonald, Mr. Lachelt, Ms. Demko, Ms. Sundquist, Ms. Hooper, Ms. Draney, and Ms. Sarowa as well as our drumline, band, and leadership students who made the event so amazing.

Orange Shirt Day Assembly – WOW! What a privilege it was for us to witness the emotion and talent that our students brought to the stage. With immense gratitude and pride, thank you to Ms. Black, Elder Flora and Ms. Kurpiela and our student drummers, as well as Ms. Black, and student presentations from Cash Calhoun and Aliyah Morrison-Roy for reminding us of the importance of this day.

Around the School This Week in Pictures



Bistro Menu

Monday 5th- Closed

Tuesday 6th

Crispy Chicken Caesar Wrap - \$6.00

Greek Salad- \$3.00

Chicken and Wild Rice soup- \$3.00

Friday 9th

Chicken Strips - \$6.00

Ceasar Salad - \$3.00

Broccoli & Cheddar Soup \$3.00

Wednesday 7th

Beef Cheeseburger - \$6.00

Greek Salad- \$3.00

Chicken and Wild Rice soup- \$3.00

Served Daily

Fries - \$3.00

Poutine - \$5.00

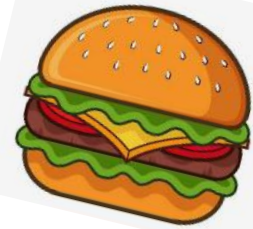
Cheese Pizza - \$2.50

Thursday 8th

Pizza- \$2.50 per slice

Caesar Salad- \$3.00

Broccoli & Cheddar Soup- \$3.00



Athletics Schedule

Abbotsford Senior Weekly Athletics Schedule						
		Monday (Oct 5)	Tuesday (Oct 6)	Wednesday (Oct 7)	Thursday (Oct 8)	Friday (Oct 9)
Pit Gym	6:45am		Leadership		Pep Rally Prep	Pep Rally Prep
	2:45pm	Jr Girls Vball Practice	Jr Girls Vball Practice	3:15- Jr G Vball	Jr Girls Vball Practice	
	4:15pm			v Abby Traditional		
	5:45pm	6:30-8:30pm - Sr G Vball	6:30-8:30pm - Sr G Vball			
	8:00pm					
Jungle Gym	7:00am	Basketball Open Gym	Drop in V-Ball - all welcome	Basketball Open Gym	Basketball Open Gym	Drop in V-Ball - all welcome
	2:45pm					
	4:15pm					
	5:45pm				6pm - Bball Open Gym	
	7:15pm					
Outside Turf		Hirschman - Rugby PE		Hirschman - Rugby PE		
	2:45pm	Sr Football Practice	Sr B Soccer v Walnut	Sr Football Practice	Sr B Soccer v Mouat	
	3:00pm	Jr Football Practice		Jr Football Practice		3pm - Sr Football v Holy Cross
Outside Field						
	2:45pm		Sr Football Practice		Sr Football Practice	
	2:45pm	X-Country Practice	Jr Football Practice	X-Country Practice		
Away Games	3:30pm		Sr B Soccer at Mountain		Swimming 3-4 at ARC	
				3:30 - Jr Soccer at RE Mountain (Willoughby)	2pm - Jr B FBall at Chwk	
					7:30pm - SrG Vball at DW Poppy v Poppy	
Weight Room	7:00am	Work Out Club (Supeene)	Work Out Club (Lakey)	Work Out Club (Morgan)	Work Out Club (Lakey)	Hirschman - Rugby PE
	2:45pm	Work Out Club (Smith)	Work Out Club (Dhaliwal)	Work Out Club (TBA)	Work Out Club (Dhaliwal)	Work Out Club (Novak)
Stage	7:00am					
	2:45pm					
Intramurals	lunch	Volleyball Intramurals	Volleyball Intramurals	PE Leadership Meeting	Volleyball Intramurals	Pep Rally!!
		Double Oreos v Hirdajot SE	Bogym Dani v Lapapi Gang	11:05 Start in the Pit	Day to Day Elite v Hard Hitters	No Intramurals
Spirit Events		Jersey Day	Twin Day	Album Cover Day	Fall Day	Grade Wars
						Pep Rally