



Victus Vibes

October 25, 2024

GRADE 7 & 9 FIELD TRIP TO SHADES MILL CONSERVATION AREA



Food Bank Donation Link.



GUEST SPEAKER TINA WARD: NUTRITIONIST



UPCOMING EVENTS

Oct. 21 – Nov. 1

Halloween for Hunger Food Drive

Tuesday, Oct. 29

Halloween Character Day!
Dress as your favourite Halloween character

Wednesday, Oct. 30

Black and Orange Spirit Day!
Wear black and orange!
Pumpkin Carving!

Thursday, Oct. 31

Halloween Costume Day!
Wear your Halloween costume to school. Best dressed wins a prize!

Friday, Nov. 1

Mental Performance Coach Seminar

- Glycolytic Sport
- Performance Nutrition
- Macronutrients
- Meal Planning
- Hydration
- Sleep
- Nutrient Timing



[HTTPS://VICTUSACADEMY.COM/](https://victusacademy.com/)



SCOTLAND'S

YARD

KIDS CARE

911

HOCKEY



Saturday, November 2, 2024

Puck Drops: 3:00 p.m.

Kinsmen Arena @ Kitchener Memorial Auditorium

\$10 Adults, \$5 Kids

911hockey.ca