



Victus Vibes

Friday October 31st, 2025

Message From Principal Schnarr

Victus Families!

What a spooktacular week of Halloween festivities! 🎃

The creativity, enthusiasm, and all-out participation from our students were off the charts — you truly made this week unforgettable! A huge shoutout to Vanessa, Mr. Stawarek, and our amazing Student Council for planning such a fun-filled celebration. A big thanks to our president, Matthew Schmidt, who challenged our school to hit over 90% participation in Friday's Halloween activities — and guess what? We crushed it with an incredible 92%! Way to go, Falcons! Stay tuned for some extra ice time as our reward!! 🏒

We wrapped up the week by welcoming back Tina Ward (Nutritionist and Life Coach) for our Friday session. She inspired us with great insights on how proper nutrition fuels top performance. Our students really showed they "get it" — healthy habits mean strong, energized bodies ready to Do Better! Tina will be back soon to dive into nutritional timing and recovery.

As we glide into November, don't forget to turn those clocks back this weekend.

Looking ahead:

- Thursday, November 6 – We're excited to welcome Dr. Carrie Sanders from Wilfrid Laurier University to present to our Grade 12 Challenge and Change class.
- Friday, November 7 – Reminder: this will be a Virtual Learning Day due to arena events. More details to come next week.

Finally, let's send our Varsity Boys' Hockey Team some Falcon spirit as they head to Kingston this weekend. Best of luck, team — we're cheering for you! 🙌

Go Falcons!

Warmly,
Principal Schnarr



UPCOMING EVENTS



Mon. Nov. 3rd
Power Skating with
Rebecca Babb

Tues. Nov. 4th

Falcons Home Game vs. HTI
Puck Drop 1:00pm



Wed. Nov. 5th

Girls Falcons Practice 8:30am
Girls Group @ Lunch
(bring your lunch)



Thurs. Nov. 6th

Challenge & Change welcomes
Dr. Carrie Sanders



Fri. Nov. 7th

VIRTUAL LEARNING DAY

Click for more upcoming events



Falcon's News



Kingston USPHL Showcase

Saturday Nov. 1: 12:00pm & 4:30pm

Sunday Nov. 2: 10:00am & 2:00pm

Home Game vs. HTI

1:00pm

Sports World Arena - Spectator Rink

Practice with Coach Cohen

8:30am

Spectator Rink

Tina Ward



Trivia



Door Decorating



Pumpkins





Halloween

