

Thunderbird News

September 18-22nd



The importance of Healthy School Lunches and Snacks

The Canada Food Guide stresses that healthy food choices while at school are important as “school lunches and snacks provide children with the energy and nutrients they need throughout the day” and are an important source of the vitamins and minerals students need to grow, learn and develop.

For more information and ideas for school snacks check out:

<https://food-guide.canada.ca/en/tips-for-healthy-eating/school/>

Upcoming sports at Aurora Middle School

Cross Country Running

Any grade 4-8 students interested in signing up for the Cross Country Running team (long distance running) should contact Mr. Johnson either during physical education classes or during first recess break in the gymnasium.

Volleyball

Volleyball is starting this week, with this weeks practises running as follows:

Tuesday after school: Grade 7/8 Girls

Wednesday after school: Grade 7/8 Boys

Thursday after school: 4-6 Girls

Grade 4-6 boys practice is yet to be determined

Permanent practice times will be solidified and set after this week. If you are interested but can not make it this week please let Ms. Nowicki know.

Aurora Gear

Aurora gear can be ordered through the Stitchin' Man at <https://auroraspiritwear.itemorder.com/shop/sale/>. For sizing we do have a few items at the school for students to try on.

Picture Day

Fall school pictures will take place on Wednesday, October 4th.

School Council Meetings

Our school council meetings take place the last Wednesday of every month. School Council members are instrumental in consulting with and advising school administration to support and enhance student learning. School council is also key in supporting both curricular and extracurricular initiatives. Stakeholders are able to join either in person or virtually.

Terry Fox Run

Aurora Middle School will be having our Terry Fox run on September 22, 2023. Students who wish to collect donations are encouraged to use Aurora's Terry Fox foundation page at <https://schools.terryfox.ca/30816>.



School Lunches at a glance

Lunches must be ordered on [school cash online](#) by Monday the week prior for lunches the following week.

Monday Sept. 18 Turkey Noodle Soup and Bannock Deadline to order lunches for the week of Sept. 25th	Tuesday Sept. 19 Egg and cheese on a bun	Wednesday Sept. 20th Meatballs and mashed potato	Thursday Sept. 21 Baked Mac and Cheese	Friday Sept. 22 Taco Salad
Monday Sept. 25 Perogies and veggies Deadline to order lunches for the week of Oct. 2	Tuesday Sept. 26th Waffles and Beef Sausages	Wednesday Sept. 27th Sweet and Sour Chicken with Rice	Thursday Sept. 28th Meatball Pizza Sub	Friday Sept. 29th IPP Day -No school for students.

Important Dates

September 22- Terry Fox Run

September 28th- Orange Shirt Day at AMS

September 28th- Mountain Bike race

September 29th- IPP day. No school for students. Meeting day for parents/guardians of students with individual program plans

October 4th- Fall Picture Day