

## Thunderbird News

October 16th to 20th



### Apple Schools

Did you know Aurora Middle School is part of the APPLE School Community, and this is our 10th year as an Apple School?

APPLE Schools is a health promotion project with the vision of healthy kids in healthy schools. The organisation works with 74 schools across British Columbia, northern Alberta, Manitoba, and Northwest Territories to improve the lives of more than 21,000 students annually, targeting their healthy eating, physical activity, and mental health habits. What does an APPLE School look like? The APPLE Schools organisation works with each APPLE school to transform its community through an approach called comprehensive school health (CSH). CSH empowers school communities to lead boldly, choose wisely, and embrace health at every turn. At Aurora we promote CSH through healthy breakfast snack options, our fruit bin program, our commitment to daily physical activity, taste testing and many other opportunities.

**Grade 7/8 Boys and Girls volleyball teams will be playing in Plamondon at Ecole Plamondon and Ecole Beausejour on Saturday, October 21st. Games start at 9:00 am and spectators are welcome!**

The girls draw can be viewed [here](#) and the boys draw can be viewed [here](#).

### Volleyball Practices this week

Grade 5/6 girls and boys Thursday 3:30-5:00

Grade 7/8 Boys Monday and Wednesday 3:30-5:30

Grade 7/8 Girls Tuesday 3:30-5:30 and Thursday 5:00-6:30

Grade 4's: lunch time

## 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.

## School Lunches at a glance

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

<b>Monday Oct. 16th</b> Perogies Last day to order lunches for next week	<b>Tuesday October 17th</b> Baked Spaghetti	<b>Wednesday October 18th</b> Alphabet soup with Bannock	<b>Thursday October 19th</b> Honey garlic chicken and rice	<b>Friday October 20th</b> Taco Salad
<b>Monday Oct. 23rd</b> No School for students	<b>Tuesday October 24th</b> Sweet and sour chicken with rice	<b>Wednesday October 25th</b> Turkey Noodle Soup and bannock	<b>Thursday October 26th</b> Shepherd's Pie	<b>Friday October 20th</b> Pizza Sub

## Important Dates

October 21st- Jr. Plamondon Invitational

October 23rd- Ignite Day- Professional Development for staff. No School for students.

October 31-Halloween celebrations- more information in next week's newsletter.

VERSION 2- Updated October 12



## Plamondon Invitational Jr. Girls Volleyball Tournament

Saturday, October 21, 2023

<u>Girls Blue Pool</u>	<u>Girls White Pool</u>
Plamondon Hawks (EPS)	École Beauséjour Lynx (EB)
Light of Christ Rays (LOC)	Aurora Thunder Gold (AMS Gold)
Aurora Thunder Blue (AMS Blue)	Cold Lake Jr. High Cobras (CLJHS)
Assumption Crusaders (AJSH)	Ardmore Wolves (ARD)

### EPS Gymnasium

Game	Court #1	Start Time	Court #2	Game
1B	EPS vs. LOC	9:00 Am	EB vs. AMS Gold	1W
2B	AMS Blue vs. AJSH	10:00 Am	CLJHS vs. ARD	2W
3B	EPS vs. AMS Blue	11:00 Am	EB vs. CLJHS	3W
4B	AJSH vs. LOC	12:00 Pm	ARD vs. AMS Gold	4W
5B	EPS vs. AJSH	1:00 Pm	EB vs. ARD	5W
6B	LOC vs. AMS Blue	2:00 Pm	AMS Gold vs. CLJHS	6W
A	<b>Quarter-Final #1</b> 1st in Blue vs. 4th in White	3:00 Pm	<b>Quarter-Final #2</b> 1st in White vs. 4th in Blue	B
C	<b>Quarter-Final #3</b> 2nd in White vs. 3rd in Blue	4:00 Pm	<b>Quarter-Final #4</b> 2nd in Blue vs. 3rd in White	D
E	<b>Semi-Final #1</b> W of QF#1 vs. W of QF#3	5:00 Pm	<b>Semi-Final #2</b> W of QF#2 vs. W of QF#4	F
G	<b>Championship Final</b> W of Semi #1 vs. W of Semi #2	6:00 Pm	<b>3rd Place Consolation Match</b> L of Semi #1 vs. L of Semi #2	H



## Plamondon Invitational Jr. Boys Volleyball Tournament

Saturday, October 21, 2023

<b>Boys Blue Pool</b>	<b>Boys White Pool</b>
Plamondon Hawks (EPS)	École Beauséjour Lynx (EB)
Aurora Thunder Blue (AMS Blue)	Aurora Thunder Gold (AMS - Gold)
Iron River Dragons (IRS)	Cold Lake Jr. High Cobras (CLJHS)
Assumption Crusaders (AJSH)	Ardmore Wolves (ARD)

### École Beauséjour Gymnasium

Game	Court #1	Start Time	Court #2	Game
1B	EPS vs. AMS Blue	9:00 Am	EB vs. AMS Gold	1W
2B	IRS vs. AJSH	10:00 Am	CLJHS vs. ARD	2W
3B	EPS vs. IRS	11:00 Am	EB vs. CLJHS	3W
4B	AJSH vs. AMS Blue	12:00 Pm	ARD vs. AMS Gold	4W
5B	EPS vs. AJSH	1:00 Pm	EB vs. ARD	5W
6B	AMS Blue vs. IRS	2:00 Pm	AMS Gold vs. CLJHS	6W
A	<b>Quarter-Final #1</b> 1st in Blue vs. 4th in White	3:15 Pm	<b>Quarter-Final #2</b> 1st in White vs. 4th in Blue	B
C	<b>Quarter-Final #3</b> 2nd in White vs. 3rd in Blue	4:15 Pm	<b>Quarter-Final #4</b> 2nd in Blue vs. 3rd in White	D
E	<b>Semi-Final #1</b> W of QF#1 vs. W of QF#3	5:30 Pm	<b>Semi-Final #2</b> W of QF#2 vs. W of QF#4	F
G	<b>Championship Final</b> W of Semi #1 vs. W of Semi #2	6:30 Pm	<b>3rd Place Consolation Match</b> L of Semi #1 vs. L of Semi #2	H