



Tuesday, February 4, 2025 – Day 2

SAL Spirit Appreciation Week:

- **Crush Grams:** Buy Crush Grams next week from **February 10-12** at lunch in the cafeteria! These will be delivered on Valentine's Day and all money goes to the Saffron Center.
- **Tuesday (PAL-entine's Day):** There will be a Gratitude Board outside the front office for you to write a thank you note to anyone in your life. Make sure to include your full name because there will be a draw at the end of the week for a prize! There will also be colouring pages that can be submitted by the end of day Friday for the chance to win gift cards!
- **Wednesday (Staff Appreciation Day):** write a note to your favourite Salisbury staff member and place it on the board outside the front office (paper will be provided).
- **Thursday (PAL-entine's Day):** Dress up and twin as your friends! There will also be free cookies handed out in the hallways Tuesday morning and a photo station with props in the cafeteria at lunch to take photos with your friends!
- **Friday (Valentine's Day):** Crush grams purchased the week prior will be handed out in block 2 class. Make sure to buy them February 10-12 in the cafeteria at lunch.

Student Meetings & Events:

- **Attention Yoga Students from Semester 1:** Please come to the yoga room and pick up props brought from home.
- **Model UN and Debate:** There will be two important meetings this week for all members to attend: Tuesday afterschool in Mr. Stamatopoulos' room and Wednesday at lunch in Mr. Tomkins' room. Please contact us if you have any questions or cannot attend.
- **IB CAFE:** All IB and pre-IB students are invited to the upper library on Wednesday, February 12, at lunch for a fun-filled time featuring 8 kahoot/blooket games on

different themes. Snacks will be provided. Feel free to drop by! Brought to you by the IB Student Leadership Team.

- **Yearbook:** There is a meeting on Wednesday at lunch in room 133.

Career Pathways:

- **Skills Alberta Provincial Competition:** Do you have an excellent resume and cover letter and are good at job interviews? Do you enjoy public speaking? Did you do amazing in HCS3000: Workplace Safety Systems and have the ability to identify Job Hazards with ease? What about demonstrating and communicating a Skill? If you answered YES! to any of these questions. You might want to think about entering the **Skills Alberta Provincial Competition** in the areas of Job Search, Public Speaking, Job Skills Demonstration or Workplace Safety. See Ms. Entrup in Guidance as soon as possible for more information.
- **Dual Credit: Want to start your post-secondary career in high school?** Check out [EIPS DUAL CREDIT](#) for more information and course selection. Dual Credit Applications Deadlines are as follows: Olds College - February 4, Power Engineering - February 26. See Ms. Entrup in guidance for more information.

Grad 2025:

- **Grad Portraits:** Offspring Studios has opened up some spots for Grad Portrait bookings. The next dates are as follows: Saturday, February 8 in Studio, Wednesday, February 19 in Studio; and Friday, March 7 at SAL. Please sign in through [Offspring Studios](#) to book. Retakes are also available if needed.
- **Grad Student Meeting:** There is a meeting at the beginning of lunch for all grade 12s on Thursday, February 13 in the Theatre.

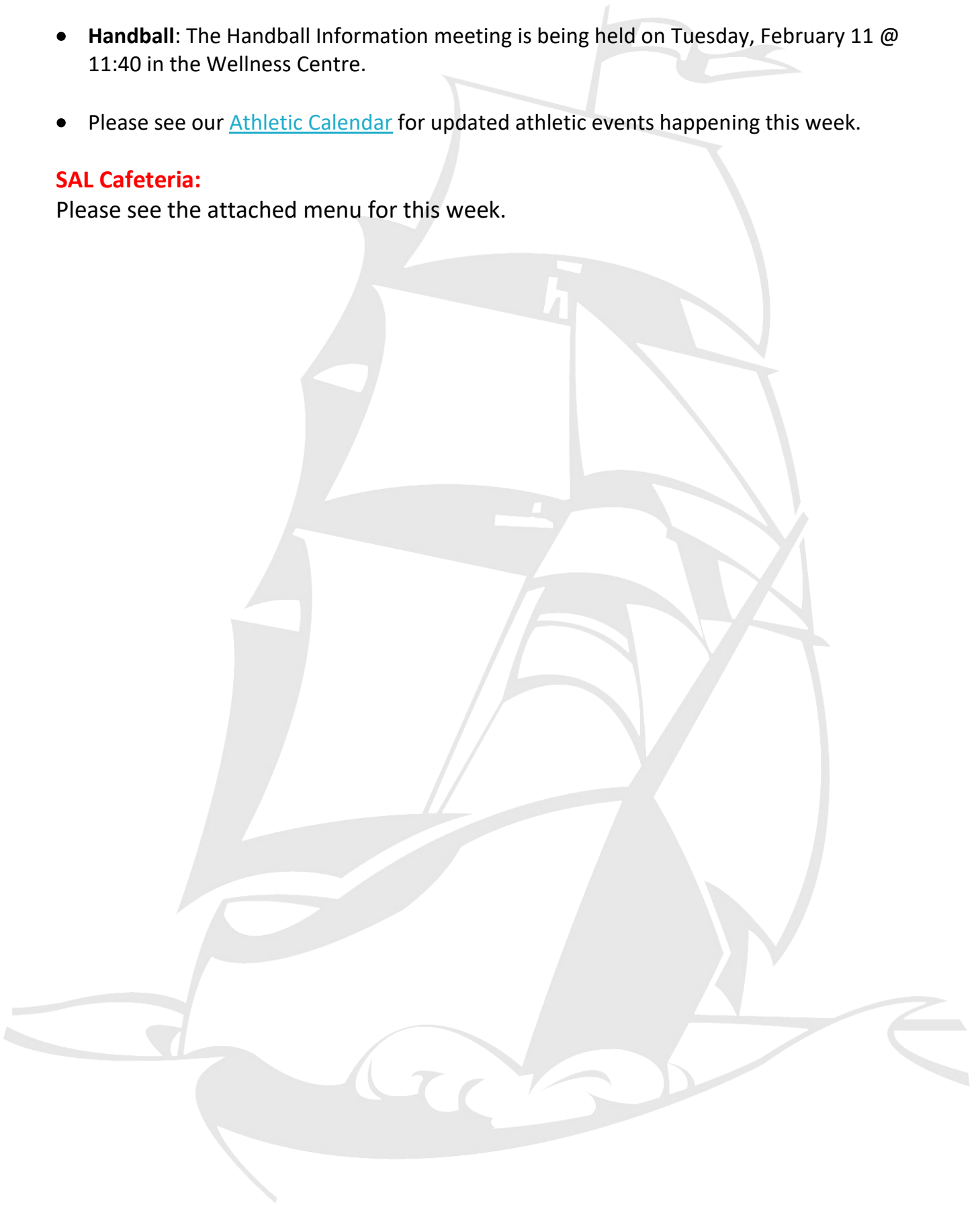
Athletic Information:

- **Badminton:** If you are interested in playing Badminton, please head to the Wellness Center today for a meeting at 11:40 a.m.
- **Men's Rugby:** A Men's Rugby information meeting will be held on Wednesday, February 5, at 11:15 a.m. in the Wellness Centre. Please contact Coach Cooper if you are unable to attend the meeting.

- **Handball:** The Handball Information meeting is being held on Tuesday, February 11 @ 11:40 in the Wellness Centre.
- Please see our [Athletic Calendar](#) for updated athletic events happening this week.

SAL Cafeteria:

Please see the attached menu for this week.





Cafeteria Highlights

Feb. 3 – 7 Limited Menu All Week

Monday: Fries, Chicken Strips & Snacks *Only*

Tuesday: Fries, Chicken Strips & Snacks *Only*

Wednesday: Fries, Chicken Strips & Snacks *Only*

Thursday: Closed

Friday: Closed

The cafeteria will resume serving the full menu and specials next week.



Cafeteria Highlights

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Soup Cream of Spinach Special Caesar Salad	Daily Soup Borscht with Bread Special Spicy Chicken Wrap \$5	Daily Soup Spicy Tomato & Pepperoni Noodle Soup Special Snack Pack Grilled Chicken, Boiled Egg, Cheese, Crackers and Veggies \$4.50	Daily Soup Creamy Roasted Red Pepper & Tomato Special Fried Chicken Burger with, Pickles, Lettuce and Garlic Aioli Fries & Side Slaw \$8.50	Pizza Donair Pepperoni Meat Lovers Cheese Hawaiian Vegetarian