



Tuesday, February 11, 2025 – Day 1

### **SAL Spirit Appreciation Week:**

- **Crush Grams:** Buy Crush Grams until **February 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 Thursday 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. You have until February 12 to buy them in the cafeteria at lunch.

### **Student Meetings & Events:**

- **MTG:** There will be no meeting this week for Magic due to open house.
- **Aviation:** A big thanks to the student volunteers who came to school Thursday morning to show off the Aviation program to teachers and principals from around the Edmonton Area. You did a great job representing SAL, everyone was very impressed!
- **Reach for the Top:** Congratulations to SAL's Intermediate team for qualifying for Provincials, going 6-1 at the Edmonton Regional tournament on Saturday!
- **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 Deadline for 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:**

- **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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Special Salad</b> Grilled Chicken Caesar Salad \$5 (No Chicken \$3.50)</p> <p><b>Special Snack Pack</b> (Available all week) Grilled Chicken, Boiled Egg, Cheese, Crackers and Veggies \$4.50</p>	<p><b>Daily Soup</b>  Tomato, Pepperoni, Noodle Soup</p> <p><b>Special Wraps</b>  Spicy Chicken Wrap \$5</p> <p>Grilled Chicken Caesar Wrap \$5</p>	<p><b>Daily Soup</b>  Creamy Roasted Red Pepper &amp; Tomato with Crouton</p>	<p><b>Daily Soup</b>  Dill Pickle Soup</p> <p><b>Special</b>  Tuna Melt \$3</p>	<p><b>Valentines Specials</b> Strawberry Shortcake &amp; Raspberry White Chocolate Brownie</p> <p><b>Pizza</b> Donair Pepperoni Italian Sausage Cheese Hawaiian Vegetarian</p>