

# B.E.A.R. Bones

April 11 - 15



## This week at AL:

### ALL WEEK - CAREER WEEK

#### MONDAY, APRIL 11:

- \*SEEALS Booster Juice
- \*Career Fair
- \*School Council Meeting @ 7 p.m.

#### TUESDAY, APRIL 12:

#### WEDNESDAY, APRIL 13:

Sports Academy Open House @ AL 7p.m.

#### THURSDAY, APRIL 14:

- \*SEEALS Hot Lunch - Panago Pizza
- \*Gr. 6 Students - Marauder Activity Challenge at VJM 4p.m. - 5:15 p.m.

#### FRIDAY, APRIL 15:

- \*SEEALS Hot Lunch - Edo Japan
- \*Career Week - Dress Up Day

#### UPCOMING

- \*April 22 - PD Day - No Classes for Students

# SEEALS NEWS

## NATIONAL VOLUNTEER WEEK

April 10 - 16, 2016

*Volunteers are the roots of strong communities*



VOLUNTEERS  
DO NOT  
NECESSARILY  
HAVE THE  
TIME;  
THEY HAVE  
THE HEART



-ELIZABETH ANDREW

SEEALS would like to **Thank** the school community for all the help we have received to make our fundraisers a success! Time is so very precious these days and any amount that is given to SEEALS initiatives is never taken for granted from all the wonderful volunteers. Give yourselves a pat on the back! SEEALS would also like to say a special **Thank-You** to Candice Frayne for all your years and commitment to SEEALS. We as volunteers know that a time comes when we have to pass the torch and we hope to make you proud and keep that torch burning brightly! Please don't hesitate to contact Heather, [dhaight0921@shaw.ca](mailto:dhaight0921@shaw.ca) about volunteer opportunities



## ST. ALBERT MUSTANGS TRACK & FIELD CLINIC

AGES 8-12 | ALL ATHLETES & COACHES WELCOME

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**Sunday May 1<sup>st</sup>, 2016 | 9:00 am - 12:30 pm**

**Fowler Athletic Park, St. Albert, AB**

Registration on [www.trackiereg.com](http://www.trackiereg.com) opening soon

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The goal of this clinic is to provide you with an excellent opportunity to prepare for the school and outdoor track & field season. No previous experience is required. Whether you are looking to try the sport for the first time or wish to further develop your skills, level appropriate instruction will be provided by experienced coaches.



**Events offered:** Sprinting, Hurdles, High Jump, Long Jump, Ball Throw, Discus, Turbo Javelin & Shot Put.

**Cost: \$50 for Athletes & \$20 for Coaches**

For more info: visit [www.mustangtrackclub.com](http://www.mustangtrackclub.com) or email [stalbertmustangs@gmail.com](mailto:stalbertmustangs@gmail.com)