

October 13, 2025

Hello West Bedford High Families,

Please review the info for the upcoming weeks:

1. **Last Week to get your COBS Bread Card - WBH School Fundraiser in partnership with WBS school.** We are excited to partner with **COBS Bread Larry Uteck** on a new and delicious fundraiser opportunity for our school! See attached sample booklets. Please note the expiry date on our booklet would be Oct. 1 2026. For just **\$40**, you'll receive a *Bread for a Year* voucher booklet with **12 vouchers for FREE loaves of fresh bread** (valued at up to \$87). Families can redeem one loaf per month at COBS Bread Larry Uteck.

Here's how it helps:

Each booklet sold raises **\$20 directly for our school.** These funds are used to support a wide range of programs and extra-curricular activities.

Families enjoy healthy, fresh bread at an incredible value.

It's simple, practical, and supports both our community and our school.

Vouchers are valid for a full year and make a wonderful gift for friends, neighbors, and relatives too!

How to purchase: School cash or in person(cash) starting Oct. 6th and ending Oct. 17th. Voucher booklets can be sent home with student or picked up at the school. Regardless, if you are picking up or having it sent home with your student, you will need to sign/initial for it (parent or student). Each card is numbered, so if it is lost we cannot replace it. Please know once the card leaves the school we are not responsible to provide another if it is lost as these have an \$87 dollar value. **Pick up dates this week are Wednesday and Friday from 1:30 to 4:00pm. Students picking them up can come to the office and sign for them.**

Where to redeem: COBS Bread, Larry Uteck Plaza - Unit 104, [38 Ella Lane, Bedford](#)

Thank you for supporting our school while enjoying fresh, delicious bread all year long!

2. **Lunch Program.** Our lunch program is now under way.

We want to ensure that food is not wasted, and noticed this week a lot of ordered lunches were not picked up.

If lunches are not picked up by 1:00pm, we will then redistribute them for others to eat.

While utensils are available, we have suggested that students bring their own. It is a small way we can contribute to less environmental impact but rest assured, if your child forgets, we do have plastic utensils available.

If you want to order lunches for your student: <https://nslunch.ca/node/1>

We ask that students do not take lunches with other student's names on them, we always have extra near the main doors and they are welcome to those.

3. **WBH ATHLETICS**

Junior High Volleyball

Junior high girls volleyball tryouts will start this Tuesday October 14th from 3:30-5:00pm. All girls in grades 7-9 are welcome!

The junior high boys team is still looking for a coach. Anyone interested in helping this team run please contact Emily Bell at ebell@hrce.ca

High School Basketball

These tryouts are open to students in grades 9-12. Junior high basketball tryouts will come at a later date, and are open to students in grades 7-9.

Girls Tryouts

Wednesday Oct 15th 8:00pm-10:00pm

Friday Oct 17th 3:45-5:45pm

Possible 3rd tryout TBD

Please sign up in advance- Sheet is on the gym window. If for some reason you can't make one of those dates please come see Ms. Tramble in the gym office.

Boys Tryouts

Wednesday Oct 15th 6:00-8:00 pm

Thursday Oct 16th 8:00-10:00 pm

Possible 3rd tryout TBD

WBH High School Girls Volleyball

Home opener! Come out and support the girls team as they take on Halifax West this Tuesday the 14th at 6pm!

WBH Hockey

Our hockey team is up and running and our very first game for WBH will be this Tuesday, October 14th at 8:15. The game will be played at the Greenfoot Energy Center in Rink D. Come on out and show your support as our team makes history for WBH!

Wolves Football

Our football team will be having their home opener this coming Wednesday Oct 15th at 7pm at the Bedford Hammonds Plains community center. Come out and show your support!

Wolves Soccer

Our high school soccer teams will be starting playoffs this week. The boys team takes on Sommet on Tuesday the 14th at 4:00 pm at Westmount field. The girls team will begin playoffs on Wednesday the 15th vs Islandview at 4pm on Maybank field in Dartmouth. Let's go Wolves!

4. **Safety at lunch.** Students cannot be riding bikes and scooters around the parking lot, front entrance, bus loops, etc. The space is limited, there are too many students, and student safety is very important. We'd like to remind everyone that **all children and youth must wear a properly fitted bicycle helmet while riding their bikes, scooters, etc. to school and on their way home.** This is not only for their safety—it is also **required by law in Nova Scotia.** Wearing a helmet significantly reduces the risk of head injuries and helps keep our children safe while they enjoy riding. Please

make sure your child wears a helmet every time they ride, whether it's to school, around the neighbourhood, or at the park. Thank you for your support in keeping our community safe!

5. **Safe Arrival -Leaving messages.** When leaving a phone message on safe arrival line, please spell out name of student, especially last name. Or use email wbhsa@hrce.ca.
6. Parent/Guardian must notify office to dismiss grade 7,8,9 students. When you arrive at the parking lot, call office and student will be dismissed from class.

Important Dates:

- **October is Mi'kmaq History Month**
- **October is Canadian Library Month**
- **Monday, Oct. 13:** Thanksgiving - No classes PP-12
- **Monday, Oct. 20:** Diwali begins
- **October 20-24:** School Bus Safety Week
- **Friday, Oct. 24:** NSTU Conference Day - No classes PP-12

Sincerely,

WBH Admin team