

October 19, 2025

Hello West Bedford High Families,

Please review the info for the upcoming weeks:

1. We are extending the COBS Bread Card fundraiser one more week as it has been quite a popular fundraiser as everyone wins with this one. These funds will be spent on library, technology education and fine arts materials, start-up funds for our drama production and more!!

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. 24th. 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. **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. School Pictures

School pictures are ready! Your child's school pictures are now available! To view them online, please log in to your account at mylifetouch.ca. If you don't have an account yet, you can create one using your email address. You'll need your student's ID number (from PowerSchool) to locate their photos.

Important: If you don't know your student's ID number, please do not contact the school. Paper proofs containing your login credentials will be sent to your home shortly, allowing you to view the images online.

Bonus: All families can also order a FREE digital Pictures2Protect Card—a great way to keep your child's photo and emergency info handy. Learn more about the Pictures2Protect program [here](#).

3. Wolves online swag store now open!

Welcome to <https://wbhwolves.entripyshops.com/> - the official online store of the West Bedford High Wolves. Working in conjunction with Entripy Shops, we are the official WBHS swag shop! It's the spirit shop where our students, families, and staff can buy custom gear to show their pride in the Wolfpack. As a bonus, 10% of each sale supports our school's fundraising goals. Pick your favourite gear from top-name suppliers such as Oakley, Champion, Under Armour, Gildan, and Puma. Customize it with our logo, your style and rep the Wolves.

4. Grade 9 Take our Kids to Work Day. A reminder to all families of grade 9 students to sign your student up for TOKTWD, which is Wednesday, November 5th. If your student is not going with you, please ensure the community based risk assessment is also completed. We ask that the signed forms be into student's homeroom teachers by Wednesday October 29th. Please visit the WBH School website and you can access our counselling site from there with information on TOKTW and copies of the forms which were provided to students.

5. Canadian Post-Secondary Open House. Attention to all grade 11 and 12 students and their families!! On Monday, Oct 27, 31 Universities from across Canada will be setting up at WBH from 6:00 - 8:00 pm. This is an opportunity for our students and families who are considering University to inquire about what their schools have to offer. The list of universities attending will be posted on our counselling website. We hope to see you there!

6. Make-up Fitness Test. The make up fitness test will be held Thursday Oct. 23 at lunch. 12 min run at 12:40. Beep test will be held at 12:55. Any student who was absent for the in class test will be expected to attend.

7. 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.

8. WBH Athletics

- **Junior High Boys Volleyball.** We are excited to announce that we have found someone to take on the JH Boys Volleyball team!

Tryouts will be Tuesday Oct 21st, and Thursday Oct 23rd in the morning from 8-9am. All players in grades 7-9 are welcome!

- **Junior High Girls Volleyball.** Second Tryout - Tuesday Oct. 21st 3:30-5:00pm, All athletes are invited back to this tryout!
- **High School Girls Soccer.** Our girls soccer team has made it to the Regional final and would love your support! The game will take place this Monday, October 20th at 3:30pm at Maybank Field in Dartmouth. They will be taking on Grammar School for the Championship! Go Wolves!

9. HeART Program: Art and Mindfulness Program

Each week youth will get to be creative and explore different art styles, paired with a mindfulness or other coping skill to support their mental wellness.

Costs for the upcoming year is pay what you can! --> We accept donations of all sizes, and welcome youth if that amount is also zero dollars.

Location: 6036 Coburg Rd, Halifax, NS B3H 1Y9

We have two registration forms this year please ensure you are signing up for the one which best matches your youth:

Ages 13-18 Junior High and Highschool aged youth

Thursday evenings + 1 Saturday Afternoon (1-4pm) a Month (Beginning November 6th)

<https://forms.gle/PzvVjnKjEMxheyz76>

If you have any questions please reach out by email: heartyouthprogram@gmail.com

We have also attached a copy of the posters that can be posted on social media and shared with families directly as well.

Important Dates:

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