

October 5, 2025

Hello West Bedford High Families,

Please review the info for the upcoming weeks:

1. **COBS Bread - WBH School Fundraiser in partnership with WBS school.** We are excited to partner with **COBS Bread Larry Uteck Plaza** 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. Below is sample picture. Enjoy fresh bread for a year!



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 **\$18-20 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 –October 2025 to October 2026 and make a wonderful gift for friends, neighbors, and relatives too!**

**How to purchase:** School cash or in-person(cash) starting Oct. 6<sup>th</sup> and ending Oct.17<sup>th</sup>. **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 (parenstudent). Each card is numbered, so if it is lost we cannot replace it. Please know once the card leaves the office 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) Message from our school counsellors for grade 11/12 students and families.** Your school Counsellors are pleased to announce that WBH had our first AARAO (The Atlantic Association of Registrars and Admissions Officers) tour visit on Friday, Oct 3, which was a great success! Over 35 post-secondary institutions and future job opportunities offerings were set up in the gymnasium so that our first grade 12 graduating class could speak with the school's recruitment officers and future employment opportunity representatives, asking questions and were able to walk away with materials. Our Student services office has copies of all materials from the various schools and work offerings. In addition, there will be opportunities throughout the next few months for individual schools to come in and do presentations to classes. We will also have some "Lunch and Learns" coming soon which will include interested grade 11 students as well.

For all upcoming information please ensure that you visit our webpage. Go to <https://sites.google.com/gnspes.ca/wbhs-school-counsellor-website>

There will be an interactive calendar with all upcoming dates, including open houses, presentations etc. We are continuing to work on our website, so please monitor as we will be posting important information for all students. We encourage our students to come visit the Student Services office and see what is displayed - students can scan QR codes for a quick registration to attend open house opportunities. Our counsellors will do more follow up this upcoming week in our grade 12 extended PBL classes.

All grade 9 students will be participating in Take our Kids to Work Day (TOKTWD) on Nov 5, 2025. Attached is the promotional video <https://www.youtube.com/watch?v=46sl5Qravyt&t=28s> from Students Commissions Canada. Our School Counsellors will be visiting grade 9 classes in the upcoming week to:

- A) make sure the students know who we are and what we do
- B) Provide homeroom teachers with all necessary materials that students need - forms will be coming home and signatures will be needed
- C) An overview of what TOKTWD program is and expectations for the day.

All students will be seeing more of us over the next number of months, including our junior high classes as we will be supporting the social emotional learning in many classrooms.

Your Counseling team ♥

### **3. WBH ATHLETICS**

#### **Cross Country**

Our regional cross country meet is coming up on Thursday October 9th for all athletes grades 7-12. All athletes that are attending must check in with Ms Bell in her office before Tuesday to ensure they have been registered and the \$10 fee is paid.

#### **Volleyball**

Anyone interested in coaching our junior high boys volleyball team, please email Emily Bell at [ebell@hrce.ca](mailto:ebell@hrce.ca). Last year the boys were unable to have a team and we do not want this to happen again!!

4. **Unified sports permission forms** have gone home with students about participating this year.

Special Olympics NS and West Bedford High are working together to start a Unified Sports Program consisting of Basketball. Dedicated to promoting social inclusion through shared sports training and competition experiences, Unified Sports joins students receiving special education services and their general education peers on the same team. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding. Please send permission forms back asap.

5. **Grade 8 RMW8 data.** Students who wrote the grade 8 provincial assessments last year in Math and literacy we have their child's assessment emailed to you this week. You can also find this in PowerSchool.

Grade 10 provincial assessments were not assessed by the Department of Education this summer thus no assessment data will be sent home.

6. **FITNESS TESTING FOR PHYSICAL EDUCATION CLASSES.** All Physical Education classes in grades 7-12 will be completely their first round of fitness testing this week during their class times. Reminder to all students that you need to bring proper footwear (sneakers) in order to participate; it is the student's responsibility to make sure they know when they have PE and to come prepared and ready for class.

7. **Student Council (grade 9-12).** Reminder that student council will choose 3 Grade 9 Representatives. Forms should be in as of last week. There will be a grade 9 representative meeting held at lunch in room 1043 on Monday, October 6th.

8. **2026 Grads.** A reminder to our graduating students to check the Grad Google Classroom often, we have university visits set up and they will be posted there. This is a great space to learn more about Post-Secondary Options and Scholarships. As the year progresses, it will be updated with everything graduation related.

The google classroom code is: gtyylp6e

9. **Junior High dance (grades 7/8) - Thursday Oct. 9<sup>th</sup> 7:00- 8:45 pm.**

Cost \$10:00. A canteen will be set up with snacks and drinks –cash only. Hope to see you all out for a night of fun!! School cash has been set up on Oct. 1<sup>st</sup>. you can also pay cash at the office. Money will not be taken at the door. Guests (grade 7/8 only) must be signed up by Tuesday, Oct. 7<sup>th</sup>

10. **2025-26 Demographics form (please complete).** Please take a moment to complete the 2025-26 Demographics Update Form, accessible in PowerSchool's Parent Portal. Updated forms must be submitted by October 6, 2025.

11. **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](mailto:wbhsa@hrce.ca).

12. 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**
- **Thursday, Oct. 9:** SAC meeting 6:00pm
- **Thursday, Oct. 9:** Junior High Dance (**grades 7/8**) 7 to 8:45pm
- **Friday, Oct. 10:** Picture Day (Nov. 7 retakes)
- **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