

# AvaNews

“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

~1 Corinthians 9:24



Friday,  
Sept. 22,  
2023  
Issue #3



See page 7 for more details



Check out some of our fundraising options on the page 9 of the AvaNews!

## September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	5 <i>First Day of School!</i> <i>WELCOME BACK</i> 😊	6	7	8
11	12	13 <i>K-8 Choir Club</i> 3:15-3:30PM	14	15 <i>4-8 Sports Club</i> 1:00-1:45PM
18	19 <i>4-8 Sports Club</i> 3:15-4:00PM	20 <i>TERRY FOX RUN</i>	21 <i>HOT LUNCH</i> <i>4-8 Board Game Club</i> 3:15-4:00PM	22
25	26	27 <i>K-8 Choir Club</i> 3:15-3:30PM	28 <i>Orange Shirt Day</i>	29 <i>4-8 Sports Club</i> 1:00-1:45PM

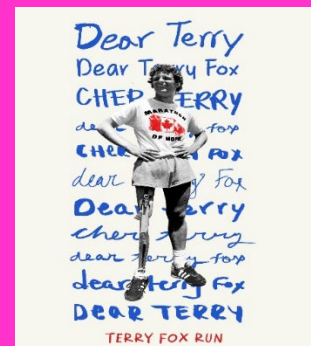


Our K-1 teacher is looking for 2L carboard cartons for an art project. She is looking for 9.

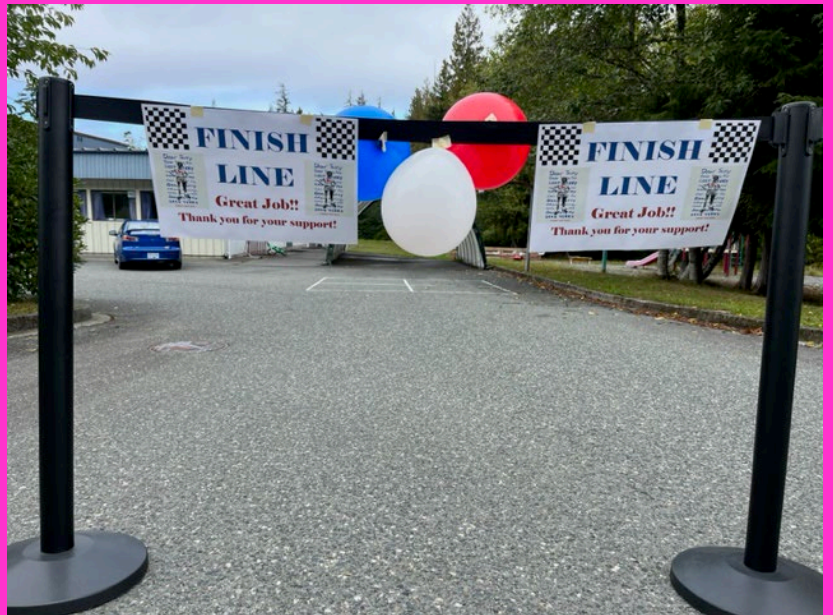
If this is something that you can help out with, we would really appreciate it!



Congratulations to all our runners and everyone who raised funds for this awesome cause! We are proud to announce that Avalon raised \$1,287.00 for cancer research!!



Dear Terry  
Dear Terry Fox  
CHEP TERRY  
dear Terry Fox  
CHEP TERRY FOX  
dear Terry Fox  
Dear Terry  
cher Terry  
dear Terry Fox  
dear Terry Fox  
DEAR TERRY  
TERRY FOX RUN



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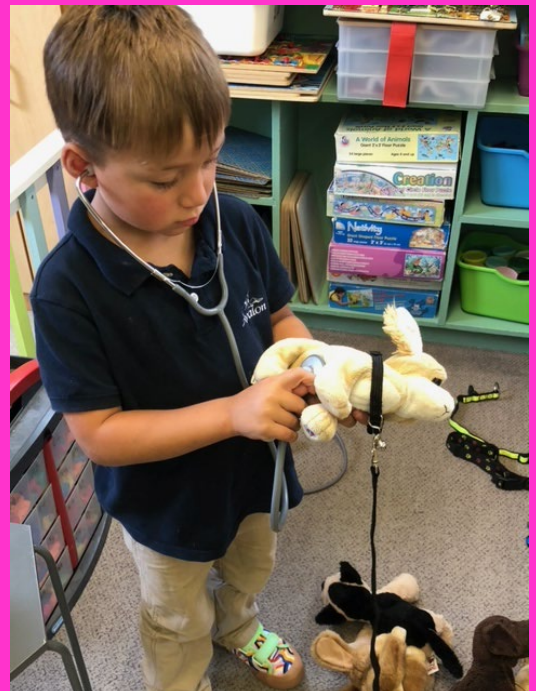
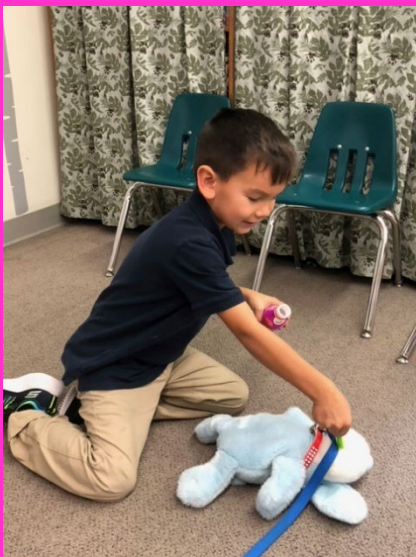
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## Mr. C.'s Sports Club



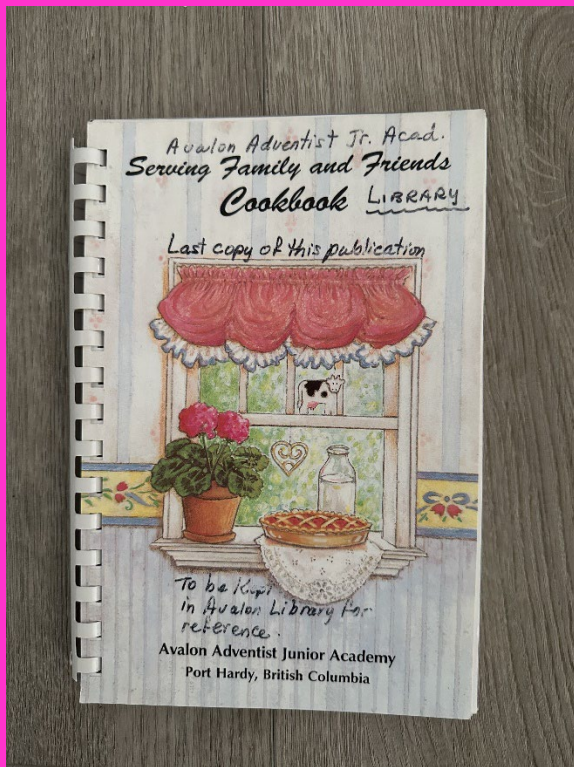
Mr. C. teaching density to his Science Class





Avalon really appreciates all the volunteer work being done this week! From hot lunch help to rototilling the ground for our gardening class to helping with our Terry Fox Run, we are so grateful that you would take the time to help enrich our students educational experience!





Avalon printed a cookbook of delicious recipes in March 1994 from the contributions of friends like you! Now, nearly 30 years later, we would like to get it revised and reprinted with the addition of more great recipes.

The new cookbook is already partly done, but with the addition of new families to our school this year, we are hoping that everyone will submit at least one receipt (salad, entrée, dessert, soup, bread...). We include student/staff names with each recipe as a special way for us to remember all those who have come and gone through Avalon doors. Your recipe doesn't have to be original, just one your family enjoys!

Thanks for supporting this fundraiser and sharing your edible family favorites!

Note: You can send a photocopy or email a picture from your cell phone – whatever is easiest. Please email your recipes to April at: [principal@aacaph.ca](mailto:principal@aacaph.ca) by September 30<sup>th</sup>.

**We have Save-on-Foods gift cards that help classrooms raise funds. For every \$100 gift card, a classroom of your choice gets \$6.**

Contact [avalonsecretary@gmail.com](mailto:avalonsecretary@gmail.com) or [principal@aacaph.ca](mailto:principal@aacaph.ca) to order gift cards. Students can take them home and once received, send payment by e-transfer to: [treasurer@aacaph.ca](mailto:treasurer@aacaph.ca)

