

## Announcements for Tues. Jan. 24, 2017

The Best Buddies will be selling Hot Dogs in the Eagles Cafe this Thursday. (Not Friday)

Please come and support the Best Buddies program.

Improvisors. All junior teams field trip permissions are due today. Bring them to the theatre ASAP!

All students and staff, Today at 3:30 and 7pm, one night only it's the sketch comedy performances of GENERIC TALK SHOW. G.T.S. runs 50 minutes and tickets are only \$3 or 2 for \$5 so bring a friend!

The Drama department wishes Team Hanna and Jenika many broken legs in their regional finals on Granville Island tonight. Mr Walker asks that you meet coach in the theatre afterschool. Good luck to all these amazing performers.

Semester turnaround is right around the corner. To all junior engineering students, the engineering lab will be open to those students needing to finish off their assignments this week. This is the last week for projects to be completed.

Carson Graham boys club network, we will be hosting the boys club here tomorrow, after school. Our speaker tomorrow is Mark Holden a music industry CEO and designer. Please come see Mr. Olson or Mr. Robertson for more details.

The Sierra Leone Civil War resulted in the destruction of 1,270 primary schools. In order to help raise funds for education in Sierra Leone, WE Schools Club is hosting WE are Silent, which is a pledge taken by you to remain silent on January 31st for 12 hours. If you are interested in joining this initiative, please come to Ms Parker 's Art Room, D104, this Wednesday at lunch to sign up! There will be service hours awarded to those who participate, see you there!

January 25th is just around the corner and Carson Graham is helping to erase the stigma that still exists around mental illness.

Did you know that 27% of Canadians said they would be fearful of being around someone who suffers from serious mental illness?

Being kind is important so that we can eliminate the stigma. Simple kindness can make the world of difference. Whether it's a smile or being a good listener, these simple acts of kindness can help open up the conversation and let someone know you are there for them.

Expressions like "You'll get over it" and "Just relax" can minimize how a person is feeling. Instead offer your support and say "I'm sorry you aren't feeling well." Ask what you can do to help.

Don't forget that your school counsellors are here to listen and help.

Hey Carson, if you like drawing or creating cool designs, this is a great opportunity is for you! Community Initiatives will be fundraising for the anti-bullying assembly by selling pink t-shirts with different designs, and this is where we need your help! Create a design for us! Make sure your design is relevant to anti-bullying, is school appropriate, is black and white, and consists of thick bold lines. If your design is chosen you will receive a free pink shirt with your design on it! Please submit your design to Ms. Parker to the art room D104, by Monday January 30th. We really need your help so get out those pencils Carson!!!