

Announcements for Oct. 10, 2025

Today is World Mental Health Day!

This year's theme reminds us that mental health is a basic human right—everyone deserves to be supported, no matter who they are or what they've been through.

You can take care of your mental health by:

- Staying active 🏃♀️
- Spending time with people you trust
- Doing things you enjoy 😊🎮📺
- Talking to someone when you're struggling 🗣️

Whether it's a friend, teacher, family member, or counselor—you're never alone.

Let's keep building a school where everyone feels safe, respected, and cared for.

Mental Health Matters and so do YOU!

Are you interested in gaining service hours, If so, come join our club in the library classroom today at lunch to make cards for residents of a local retirement home. Hope to see you there!"

The CSIMC Math contest for Gr 9-12 students is on Nov. 12th. Forms can be picked up from and handed in to Ms. Dai in room D301. Deadline is October 16th