

## **Announcements for Oct. 9, 2025**

Tomorrow is World Mental Health Day – Friday, October 10.

This year, the focus is on helping people during crises—like natural disasters, war, or public health emergencies. These situations can make people feel stressed, scared, or lost.

In fact, 1 in 5 people in these situations may experience a mental health issue. That's why it's important to support each other—not just physically, but emotionally too.

Whether it's at school, at home, or in the community, we all have a part to play. Being kind, listening, and offering help can make a big difference.

Let's work together to make sure everyone feels supported, especially those going through hard times.

This is your final reminder, seniors. Get your suspenders and jerseys on for tomorrow's spirit day!!1!! As always, we've got photos in the bleachers AND the agora at LUNCH only. Please stay in your classes at all other times, even if you have a study block, thanks!

Basketball intramurals continue today with more Senior games! On court 1, team "Dunkin' Donuts" faces off against "It's Not Luck, It's Lucky". On Court 2, "The 67ers" play "99 Problems but a Swish Ain't One". Games start at 1:15pm. No Spectators until finals in November.

Are you interested in gaining service hours, meeting new people, and making a positive impact on your local community? If so, come join our club in the library classroom at lunch every Friday to make cards for residents of a local retirement home. Hope to see you there!"

Student Council applications are due tomorrow the 10<sup>th</sup>. Application forms can be found outside the main office.

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