

Announcements for Wednesday, Oct. 21, 2020

This is a quick reminder to all of our Boys Club Network members of our meeting today after school in Mr. Grant's room E202. Please be there right after school. Also, any boys interested in this club please see Mr. Mustapich anytime to find out more.

Attention all students interested in writing one or more language challenge exam. Please see your counsellor and read the challenge exam message in Teams. Deadline for application submission is Tuesday, November 2nd.

Any Grade 8 Boys interested in learning Rugby Skills this season. No experience necessary. Please meet today or tomorrow in the Agora at 12:00 NOON to pick up some paperwork.

This week is waste reduction week! Did you know that 359 Million Metric tonnes of waste were produced globally in 2018? AND the rate of plastic production has climbed steadily over the last 70 years!! That's why Carson's Environmental and Climate club has decided to implement a Phone Case Recovery Program! Over the next week, bring ANY of your old phone cases to the Case Recovery Box in the Main Office, so the plastic can be recovered, reused and kept out of landfills.

Hi Carson Graham, do you want to win a \$25 gift card of your choice? This year the wings club is offering a virtual pumpkin carving contest from October 16th to the 30th! You can carve a pumpkin or create one digitally, and submit it to the wings Instagram page! Or look for a wings poster around school to submit!

Any Grade 8 girls who are playing basketball or interested in playing basketball this year, there is a follow up meeting in Mr. Grant's classroom E202 tomorrow at 9:00am, during the Flex block.

Girls in grade 9-12 wanting to play or considering basketball, you will meet in E202 tomorrow at lunch, to continue to build on last week's meeting. Please come to Mr. Grant's class for a quick meeting to help get organized in time for the season.

The 2020 Waterloo Math Contests are coming up! The Canadian Intermediate and Senior math contests will take place on Nov 18, 2020. Students in Grades 8, 9, and 10 can register for the Intermediate math contest, while students in Grades 11 and 12 can register for the Senior math contest. Registration ends Oct 29. If you are interested in participating in one of these two contests, see Ms. Dai in room D312 for the registration form.

And now, for Jack.orgs Wellness Wednesday Fact of the week...

Mindfulness improves physical health. If greater well-being isn't enough of an incentive, scientists have discovered that mindfulness techniques help improve physical health in a number of ways. Mindfulness can: help relieve stress, treat heart disease, lower blood pressure, reduce chronic pain, improve sleep, and alleviate gastrointestinal difficulties.