

## Announcements for Dec. 7<sup>th</sup>, 2017

HO HO HO, hold onto your pens and pencils. The library is holding a contest. Create your best holiday story using ONLY 12 words. No more, no less and have specific connection to the holidays and must be school appropriate. Top three winners will receive a Carson Graham sweatshirt. Contest is on now and final submissions will be in by Dec. 15 with winners announced on Dec. 20. Email your stories to [library@carsongraham.ca](mailto:library@carsongraham.ca)

Grade 8 Movie Night is fast approaching on Thursday December 14th at 6:30pm in the Theatre. Be sure to purchase your tickets in advance for \$2, tickets go on sale Monday to Thursday at lunch in the Agora. Leadership students will be visiting all the Gr. 8 English classes this week to advertise this event and get your input into the Christmas Movie that is shown. Free popcorn and door prizes awarded. Need more info, see Mrs. Weyell or Ms. Robb.

There will be an important meeting for all Grade 10-11-12 wrestlers in the large gym at lunch today.

Congratulations to the Junior Girls Basketball Team for defeating Sentinel by a score of 47 to 18 yesterday. Go Eagles!

Would you like some free popcorn? If so, bring your broken Christmas lights to the eagles nest from December 1st to January 19th, each person that brings a pair of lights gets a free popcorn sampler, we'll recycle your lights so you don't have to!

It's that time of year to focus on giving to those in need. Soups and Scarves is back for its second year, and your chance to give the gift of giving. We are collecting scarves, tuques, and gloves in a marked box in the counselling office this year to keep those who are less fortunate warm this winter. For the soup this year we are receiving money donations in the main office, the more money we collect, the more soup we will make, and put smiles on that many more faces this holiday season.

Last year with your generous donations we were able to feed and warm over 100 people, and this year we can make it even bigger! Thank you for your kindness, and remember a little help goes a long way!

Are you passionate about mental health, leadership and advocacy? Do you want to gain skills to become a better leader and mental health advocate?

Join us on the top of Grouse Mountain for Talk at the Top 2018! Talk at the Top is a youth-led, youth driven summit on mental health leadership and advocacy. For one day, delegates come together to develop leadership skills, increase their mental health knowledge and learn how to decrease the stigma that surrounds mental illness in their schools and communities.

Applications for this January 26, 2018 event can be found online, see posters throughout the school for the web link. Applications are due by Dec. 10<sup>th</sup>! Don't miss out. Need more info? See Mrs. Weyell or any Jack.org leader.

What are you Grateful for Carson Graham?

The Carson Chapter of Jack.org presents The Gratitude Tree.

Across from the Library sits a beautiful tree that we hope to cover with white peace doves. These peace doves will represent something that you are grateful for in your life. Please join Jack.org at lunch each day in front of the library to fill out your peace dove, write down something or someone that you are grateful for and place it on the tree. Did you know that the act of gratitude, being thankful, actually helps to give us higher levels of happiness, enthusiasm and energy. It helps us to improve our self esteem and self confidence as well. Stop by our Gratitude tree and learn about other ways that Gratitude can improve your mental health and well being

What is the first thing you think about when you hear ocean pollution? You might think about garbage, global warming or even coral bleaching. While all of these are urgent issues, there is another devastating problem lurking in our oceans; noise pollution. Sound waves travel five times faster in water than they do in air, and they travel a lot farther too. The sounds you just heard is an example of what whales hear underwater. Loud noises, or noise pollution, from boats or sonar testing can cause detrimental issues for animals such as whales, that rely on communication for survival. If they're being forced into silence how will they survive? That's something the Ocean Ambassadors club wants you to think about.