

Announcements for Feb. 21st, 2019

Attention all Grade 11 and 12 students: Are you interested in a policing career? Would you like to attend a policing camp this summer for 2 weeks? Please see Mrs. Marshall in counselling for more information.

COFFEEHOUSE IS TODAY at lunch in the theater! Today's show will be "Coffeehouse: a special campfire edition" where we will be trying out something new! Curious? Well make sure to come by and check out what it's all about!

Another reminder, all Senior Community Initiatives students who are presenting, please be ready to present your workshops this week to Mr. Olson before the event.

Best Buddies is having Hot Dog sale today at lunch. \$2.00

Find your flow. If we are deeply involved in trying to reach a goal, we experience a joyful state called "flow." Many kinds of activities such as sports, playing an instrument or teaching can produce the experience of flow. Flow is a type of instinct motivation. You do what you're doing primarily because you like what you're doing. If you learn only for external reasons, you will lose interest very quickly and feel like you're being forced to do something.

As Johann Wolfgang von Goethe said, the person born with a talent, they are meant to use will to find their greatest happiness in using it.

Are you interested in learning to sail a tall ship? Do you love adventure and the outdoors? Then join Carson Graham's and the Sail and Life Training Society's five-day voyage to the Gulf Islands in the fall of 2019. Space is limited and deposits are due tomorrow. Don't miss out on this amazing opportunity. Speak to Ms. Benko, Mr. Wood or Ms. FitzGibbons for more information.

Did you know we have a snapchat filter for today's Celebration of IB? Check it out! Snap your friends and family using Carson Graham's filter!