

STUDENT BULLETIN

[School website](#)

Day 8

Wednesday May 8, 2024

IMPORTANT DATES

May 17: Planning day
May 20: Holiday
June 6: last day of regular classes
June 7: Planning day
June 10-20: Sec. 3-4-5 Exam period
June 21: Grad ceremony

[SCHOOL CALENDARS 2024-25 & 2025-2026](#)

[FINAL EXAMS - SCHEDULE \(Level 3-4-5\)](#)

REPORTING AN ABSENCE-Call 819-563-0770

CYCLE 1 (yellow house): ext. 22092
CYCLE 2 (blue house): ext. 22093
MAPS/WOTP: ext. 22007

OUT OF BOUNDS AREAS

-Baseball, Lower soccer & upper football fields
-Central stairwells (unless going to Central Office, Student Activities/Services/School nurse)
-Blue/Green + Voc. Ed. Parking lots

GENERAL REMINDERS

-No food deliveries.
-No using vending machines during class time.
-No Bluetooth speakers in all common areas.
-3rd floor off limit during lunch hour except to access locker, classroom, library. No gatherings.
-Keep your backpack in your locker.
-No switching lockers.
-Outside doors: use Door 2 or 16 at lunch/recess.
-No temporary bus passes & stop changes.
-Breakfast Club: in-class delivery Academic Block.
-Don't forget to use the garbage cans outside!!!
-[Code of conduct](#) (including dress code):

MENU

Wednesday: Potato bacon soup, Domino's pizza

Thursday: Vegetable soup, chicken Caesar wrap, nachos

Friday: Turkey bacon sub

GAMES & PRACTICES-Today

Golf Team @ North Hatley Golf Club 1:00 (dis 12:10)
BmBoys & girls rugby at BU Coulter F. (dism 3:20)
JrBoys & Girls rugby at Galt 4:00-5:45
SrBoys & girls rugby at Galt 4:00-5:45
JrGirls flag football at Galt 4:00-5:45
Badminton Tourn @ Galt 4:00-6:45 (dism 3:25)
-1 bus to BU at 3:30, return at 5:40 by late bus to Galt
-3 late buses at 6:00 p.m. for Magog, Stanstead and Bury

LIBRARY-Important dates

Friday May 10: Last day for book loans. All books must be returned by **May 31**.

Tuesday May 28: Level 5 French Oral exams.
Library& bistro closed. No students with notes for exam/project, no book/computer equipment loans.

PIPER POST

[EXTRA-CURRICULAR ACTIVITIES](#)

HELP DESK-Hallway next to Central Office

Tuesday & Thursday 10:50-11:05 and 12:35-13:05.

CHROMEBOOK & CHARGERS-Loans

Go to the Library. Bring your student ID.

[ACADEMIC BLOCK STUDENT VIEW](#)

NEW-2-YOU STORE-Open Wednesday 12:10-13:00

In O-309. Everything \$1(except coats).

YEARBOOK-Order yours now!

Cost until May 24: \$45. Afterwards: \$50. Order online or go to Student Activities (O-201) with cash payment.

<https://ybstore.friesens.com/763318>

[COMMUNITY LINKS](#)-Need....

...someone to talk to or help with cyberbullying, job search, c.v., legal matters, sexual health, etc?



[FROM THE COUNSELLOR'S DESK](#)

CEGEP APPLICATIONS -[SRAM](#)

May 14: Round 2 decisions posted on [SRAM](#)

May 29: Deadline to apply for Round 3

June 15: Round 3 decisions posted on [SRAM](#)



HAUT ST-FRANCOIS-Summer jobs

Check out the Carrefour Jeunesse website for new postings. To filter, check the box *Secondaire* under *Niveau d'études*. <https://cjehsf.qc.ca/travailler/babillard-emplois/>

STUDENT BULLETIN

[School website](#)

AskAway: THIS WEEK QUESTION IS...

What is an addiction?



Answer:

An addiction can be many things!

We often think about alcohol and drugs, but it can be more than that! Which is why many people are embarrassed to talk about it and/or to get further help and information.

Basically, it can be anything that:

- Takes most of your time under any circumstances;
- Causes you to spend most of your money on it (even stealing and/or lying for it);
- Causes you to have obsessive thoughts (feeling like you just can't stop) regardless of the negative consequences.

Some examples of addictions are:

- Alcohol
- Cannabis
- Video games and gambling
- Smoking and vaping
- Hard drugs
- Pornography and sex
- Unprescribed medication
- Sports/working out.
- Coffee/ soft drinks/energy drinks
- Etc.

Try to think about how you would feel if you would NOT use or do the behavior for a full day... would it be tough? Do you think you wouldn't be able to make it?

If so, it is your cue to come over to my office (O-301) or at Student Services to see what can be done to help you with that struggle! :)

More questions? Drop them in my mailbox (envelope next to door) at O-301.

STUDENT BULLETIN

[School website](#)

Cycle 2 Volleyball Tournament

May 22-23 at 12:20 in the Gym

Sign-ups: Monday May 13 outside Y-207 & Student Activities O-201.

3 teams of 10 people! All in the same level.
All-girl team; minimum of 2 boys required.
All boy-team: minimum of 2 girls required.
Winning team receives a PRIZE!! Questions: see Mrs. Cortes or Malik Khodadad.

MAY 14, 15 and 16th!!

♥ BAKE SALE ♥	
TUESDAY	
CAKE POPS	\$1/EACH
BANANA CHOCOLATE CHIP BREAD	\$1/EACH
WEDNESDAY	
OATMEAL COOKIES	\$1/EACH
CINNAMON BUNS	\$3/EACH
FRIDAY	
RED VELVET CUPCAKS	\$3/EACH
DONUTS	\$3/EACH

8:30 to 9 AM
NEXT TO Y207

Knock-Out- Prizes available for the winning player!

Cycle 1

Tuesday May 14 at 12:20 in the Gym

Sign-ups: this week at Cycle 1 office.

Cycle 2

Tuesday May 28 at 12:20 in the gym

Sign-ups: Monday May 13 at Cycle 2 office.



2024 SYMPOSIUM

CPVMA & ACPMV
Canadian Pre-Veterinary Medicine Association Association canadienne des pré-médecins vétérinaires

MAY 31- JUNE 2
MICROSOFT TEAMS
THEME: THE CHANGING FACE OF VETERINARY MEDICINE

REGISTER NOW

Why attend the symposium?

- Network with fellow pre-vet students
- Engage with established veterinarians
- Learn about different specialties in the vet med field
- Meet vet school reps to learn more about the application process

Visit our website and socials for more information

www.cpvma.ca
[cpvma.acpmv](https://www.instagram.com/cpvma.acpmv)