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):

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. (dism3:20) 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....

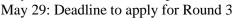
...someone to talk to or help with cyberbullying, job search, c.v., legal matters, sexual health, etc?



FROM THE COUNSELLOR'S DESK

CEGEP APPLICATIONS -SRAM

May 14: Round 2 decisions posted on SRAM



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/babillardemplois/



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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 by 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.

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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 rquired. All boy-team: minimum of 2 girls required.

Winning team receives a PRIZE!! Questions: see Mrs. Cortes or

Malik Khodadad.

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.

