

# STUDENT BULLETIN

[School website](#)

Day 4

Thursday Jan. 16, 2025

## IMPORTANT DATES

Jan.20: Registration for current students  
Feb. 7: planning day  
Feb.28: Report card on Portal.  
Mar.3-7: March Break  
Mar. 10: Planning day

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

## REPORTING AN ABSENCE-Call 819-563-0770

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

## 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.  
-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.  
-Don't forget to use the garbage cans outside!!!  
-[Code of conduct](#) (including dress code)



## MENU

Thursday: Vegetable soup, chicken Caesar wrap, potato wedges  
Friday: Taco salad

## GAMES & PRACTICES-Today

Sr.boys basketball 4:50-5:50  
SrGirls basketball 4:50-5:50  
Bm girls A basketball 3:55-4:50  
Bmgirls B basketball 3:55-4:50  
Bmboys basketball 3:55-4:50  
La Ruche @ Jr boys basketball 6:30  
Swimming at BU 4:00-5:00 (dismissal 3:20)  
Jr & Sr Girls volleyball 3:55-5:50  
-1 bus to BU at 3:30, return at 5:30, Galt 5:40  
-3 late buses at 6:00 p.m. for Magog, Stanstead & Bury

## You're important; so is your health.

Trying to quit vaping and need help?  
Come to Student Services to request a **free** health kit and see what support is available.  
Delivery: Feb. 12-13.  
*For Galt students only.*



## PIPER POST-Read it [here!](#)

## HELP DESK-Hallway next to Central Office

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

## ACADEMIC BLOCK: See QR code at all offices.

## [JANUARY SUPPLEMENTAL EXAMS SCHEDULE](#)

For concerned students only.

## LIBRARY NEWS



**-Chinese New Year:** Year of the Wood Snake, a symbol of transformation, growth and introspection. Find out about Chinese mythology, history, inventions, Chinese signs and their characteristics. Why not also try eating with chopsticks at the same time?

**-Around the world with rice:** Next food tasting Wed. Jan 29. Liked what you tasted at the Library so far? Recipes right [here](#).

**-Iris Estrie:** Info-booth about sexual health on **Feb. 11** at lunch. Find out about local resources (SOS Grossesse, Aires Ouvertes, etc.)



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

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

## [FROM THE COUNSELLOR'S DESK](#)

## SRAM APPLICATIONS-Important Dates

March 1-Deadline Round 1 application  
April 4-Answers for Round 1 posted.

## LEVEL 5 CAREER SESSION-Last chance this month

See Mrs. Thibault in G-301 for your appointment.

## LIBRARY EQUIPMENT LOANS

Laptops, chargers, headphones. ID Card Required

### Equipment Loan:

- 1 BLOCK at a time
- Sign-out required each block
- No loans during lunch hour

### Late Equipment:

- Lose it for the day if late 1 block
- Lose it for the week if we must track you down
- Lose it for the year if damaged



## WEEKLY TIP

## by your Community Officer



Sextortion is a popular crime online. It's a form of blackmail. Sexual content is used to extort money from victims. If you fulfill their demands, they can increase their ransom. Never trust anyone online. If you are a victim, stop immediately sending money (or gift card) and talk about it to an adult or your community police officer.

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**FREE!**

**VALENTINE MEAL KIT**

Want to surprise your family with a meal kit for Valentine’s? If yes, reserve yours at Student Services (near Central Lobby) by **January 31!**

Meal includes soup, spaghetti & meat sauce, dessert.

**FREE. Limited quantities.**  
For Galt students only. 1 kit per family.  
Pick-up day & time: TBD

**SCHOOL NURSE**  
Need to see her?  
Then check her schedule  
and use the QR code for  
an appointment.

*For first aid (band-aids & such), see a supervisor, your cycle secretary or Student Services.*

Make an appointment with the nurse for...

- **STBBI** (sexually transmitted blood borne infections) **screening**
- **Free condoms**
- **Contraception**
- **Morning-after pill**
- **Pregnancy test**
- **Depo-Provera injection**

It's super easy with the QR code!

Centre intégré universitaire de santé et de services sociaux de l'Estrie - Centre hospitalier universitaire de Sherbrooke

Québec

**Alexander Galt RHS**  
[pyen@etsb.qc.ca](mailto:pyen@etsb.qc.ca)

NANCY PYE  
SCHOOL  
NURSE

JANUARY

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	GALT	GALT	ABSENT	GALT	GALT	
	GALT	ABSENT	GALT	ABSENT	GALT	
	GALT	ABSENT	GALT	ABSENT	GALT	
	Absente	ABSENT	Take The test GALT	ABSENT	GALT	



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## THE TAKE THE TEST KIOSK WILL BE WITH US SOON!

**TAKE THE OPPORTUNITY TO:**

- Learn about chlamydia, gonorrhea and other STBIs
- Get condoms for free.
- Take a free and confidential screening test.

**TAKING THE TEST IS SUPER EASY,  
FAST AND EFFICIENT. PLUS, IT'S PAINLESS!**

**WHEN?** Wednesday January 29, 2025

**WHERE?** Cafeteria ( 12h20 to 13h05)

### SUBMISSIONS NOW OPEN!

## TOWNSHIPS YOUNG VOICES CONTEST

Art, photography, poetry, fiction, nonfiction (in English)

Open to youth ages 11-29 who reside in the Eastern Townships

**\$3000 IN PRIZES**

Winners will be published in the Townships Sun

**tyvoices**

DEADLINE JAN. 31 2025

[townshipssun.ca/townships-young-voices](http://townshipssun.ca/townships-young-voices)

## 2025 Heritage Photo Contest

For Quebec High School Students!

### CONTEST RULES

**SUBJECT:** Photos must be of an object, person, place or event connected to the heritage of the student's family or community. Subjects must be relevant to life in Quebec.

**JUDGING:** Based on composition & originality (for both photo & text).

**ORIGINALITY:** Photo & text must be the student's work. Any submission copied in whole or in part will be disqualified.

**SPECS:** Colour or b/w; high resolution.

**SUBMISSIONS MUST INCLUDE:**

- Student's name & grade
- Name & location of school
- Title of photo
- Date & context of photo
- 200-300-word description of the subject & why it constitutes "heritage"

Submit (up to 3 photos) to: [home@qahn.org](mailto:home@qahn.org)  
**Deadline: April 30**

### Prizes

1st: \$350  
2nd: \$250  
3rd: \$200

**Certificate**  
Winning photos will appear in Quebec Heritage News magazine.