

- ➤ Attention Grade 12 SHSM students: There is mandatory CPR and First Aid training coming up. Please see the lists posted outside of Student Services ASAP. All sessions are 2 full days and are mandatory to graduate with an SHSM. Please see Mrs. Gordon or Mr. Pullar if you have any questions.
- ➤ Attention grade 12 students attending university in the fall: Be sure to accept your offer on the OUAC website by midnight June 3rd, 2024. Offers will expire after this date.
- It is that time of year again when we start to prepare for our Triple A Awards Assembly and acknowledge all the great work and efforts of our students. Point sheets are available in the NCVLE to be printed or there are hard copies printed for pick up in Student Services. If you are interested in submitting, you will need to gather signatures from coaches or moderators for the teams, clubs and activities you have participated in over the years and submit your signed forms to Student Services by May 21st at 2:10 pm. Late forms will NOT be accepted. We have to order items so Tuesday, May 21st at 2:10 is a very hard deadline.
- ➢ Hey Grads! This is a reminder that it's not too late to submit your preschool photo to the yearbook team to be included with your grad pic. This has been traditional practice in many of our past yearbooks and allows for a fun comparison to see how much you have grown up! The image must be digital. It is your choice what image you submit but all images are subject to approval. If no image is provided, your grade 9 or 10 image may be used. The deadline is May 17th! Don't delay! Please see Mr. Murray if you have any questions.

- ➤ Graduates, are you ready to celebrate your time here at Denis Morris? It's Prom Time at John Michael's on Friday, June 14th! School Cash Online is where you will complete contracts and buy your Prom tickets for \$75 a person on Monday, May 13th until Friday, May 31st. A reminder that all community service hours must be complete in order to purchase your ticket.
- Things to know when you may be dealing with Mental Health Challenges. Asking for help when dealing with a mental health challenge is a sign of strength. It takes so much effort and bravery to step forward and admit that you may not be able to handle your challenges all on your own. Living a healthy lifestyle helps keep your mind balanced. It is our responsibility to make sure we are making healthy choices. Teens and young people have power. "I have control over my life." "I am smart." "I am unique." "I have a purpose!" Telling yourself these affirmations every day is the best reminder that you have power. There are tons of different coping skills for managing mental health Identifying your best coping skills makes the biggest difference. Surround yourself with people that are healthy for you. Finding friends who support you and treat you kindly helps to keep positivity in your life.
- ➤ Attention all members of the girls baseball team please see Mr McLaren or Mr pychel before the end of the day
- ➤ On behalf of Mrs. Clark and the Starvathon Organizing committee...Thank you to all the staff and students who showed their love for the world and each other at Starvathon last night. With a body of students over 300 strong, we raised over \$5400 in pledges and participated in a series of fun activities together before finishing the night enjoying the talents of so many of our Reds at our Reds Idol show. Special thank you to the readers at our prayer service; Scott Canter and Arianna Richards. Thank you as well to all the activity leaders, group leaders, moderators, supervisors and people who worked behind the scenes to make last night possible. There are too many to mention. Finally, thank you to the students who brought their joy, their energy and their love to have an incredible night together and to live their faith showing love to our brothers and sisters in Haiti and Guatemala. Way to go REDS!

- ➤ Any students who attended Starvathon but did not make the minimum payment of \$20 but would like to earn their community service hours, you have until Monday to bring the cash to Mrs Clark in room 206 or pay on school cash online.
- ➤ There will be a devotion and fellowship meeting today in room 221 during late lunch. See you all there!"
- ➤ The winner of last night's Rosary challenge is ...Calvin Uddipa. Please see Mr. Bago to collect your prize.