



# BMHS DAILY ANNOUNCEMENTS

Wednesday December 13, 2023

# BREAKFAST CLUB

Wednesday December 13, 2023

**BMHS**

Banting's breakfast club is up and running again. All Banting students are welcome to come to the Room 165 before school, from 7:40- 8:00am to start their day with bagels and cream cheese, milk, yogurt, and fruit.

There is no cost to access this great program, please come down and start your day off right.

# Different opportunities

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# BMHS

This week there are a few different opportunities for students to get help with studying and prepare for culminating activities:

The last Tips & Strategies for managing test and exam stress will be taking place today at lunch in the career centre. This is a 40 minute lunch and learn session for students to get some support with studying help and learn about how to manage and cope with test taking anxiety. Pizza lunch is provided.

The library will be open today after school until 4:00. Open study space is an opportunity for students to drop in, have a designated space to prepare for culminating activities and get help with homework or questions related to any of their subjects before culminating assignment days begin. Teachers will be there to supervise and answer questions from 2:30-4:00.

Every day during culminating tasks, the St. John's Ambulance therapy dogs will be here outside the greenhouse room 117. They will be here on this week on Thursday and Friday and next week on Monday and Tuesday. Come and visit them at lunch for some stress relief. There will also be mindful colouring stations set up in the library.



# Tips & Strategies for managing test/exam stress

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Attention Gingerbread Club - If anyone wants to eat a piece of the gingerbread house or take a piece home - today is the day at Lunch in room 165. If anyone else is interested in seeing the house or eating the house stop by room 165 today at lunch!





Reminder to all students taking part in the yearbook cover contest, your submissions are due this Friday, December 15th. Make sure to get your entries to Ms Novek in room 174 by the end of the day on Friday.





Just a reminder to all students that this school year's yearbook is up for sale on Cash Online for \$35.00. Get yourself on the list for one and enjoy the memories of the school year.

