

REFLECTION AND ANNOUNCEMENTS MAY 3, 2023

SUBMITTED BY	ANNOUNCEMENTS
Spitzig/Leadership	Good morning Students, today's lunchtime activity will be HANDBALL. Come to the gym on your lunch to participate. Athletic shoes are required. No food is permitted in the gym.
Spitzig/Leadership	<p>ATTENTION STAFF AND STUDENTS: DUE TO FORECASTED WEATHER FOR TOMORROW WE HAVE MADE THE DECISION TO POSTPONE OUR MENTAL HEALTH AWARENESS DAY TO MONDAY MAY 8.</p> <p>THIS MEANS, TOMORROW IS NOT A CIVVIES DAY. THE CIVVIES DAY AND MENTAL HEALTH AWARENESS DAY HAVE BEEN MOVED TO MONDAY MAY 8 WHEN THE WEATHER WILL BE BETTER. THANK-YOU FOR YOUR UNDERSTANDING.</p>
Library	On day 3 of our Library 4 Mental Health events, we're excited to offer a guided meditation session during Period 3 in the library. This is a great opportunity to take a break from the stresses of school and focus on your mental well-being. Calming and relaxing meditation will leave you feeling refreshed and centered. No prior meditation experience is necessary, and all students are welcome to participate. We hope to see you there!
Prom	<p>ATTENTION PROM ticket holders. Please hand in your table seating forms. Only one person from your table needs to drop off the completed form during 3C lunch in the cafeteria. Today is the last day. If there is no form, you will be assigned a table. Get your form in!</p> <p>If you still have not picked up your ticket, please see Mrs. Sepac in Room 308 during period 4 or at the end of the day. Thank you!</p>
Model UN	Dear students and faculty, the Model UN club is still selling mouth-watering chocolate bars in the library to raise funds for its activities, but we'll run out soon! The KitKat bars are only \$2 each. So come indulge in a sweet treat while supporting a great cause. Thank you for your support!
Albano	Check out the school's Instagram account or ask your homeroom teacher to play the video for our dance contest celebrating Catholic Education week. If you have already recorded, either post it on Instagram and tag the school or email it to Ms. Albano, or come find Ms. Albano and she will a copy of it. Thank you.

Brown

Ascension! It's time of year again for our annual Multicultural festival! We are excited that it's only 4 weeks away-that is Thursday, June 1st. As usual, we are looking for creativity! Performers and models, come out and show off your talents. You can also help with the planning and preparations for this big day. Everyone involved will get volunteer hours!

Get involved if you would like to be in the Fashion show or performance! Sign up with Ms. Brown in room 115 starting today! Don't be left out-Some groups have already started practicing. Spaces are limited so get your acts together!