



Student Notices

Monday, June 17, 2024

BJM Cafeteria

Bread, jam & peanut butter is available every day from 7am - 8:30am.

Please keep the table clean!

Leave Your Backpacks & Binders Outside Before Entering Cafeteria.

(Closed Cage = Closed Cafeteria)

The Commons are closed during Period 4 for cleaning.

Senior 2025 Clothing Update: Available at the Main Office Monday-Wednesday this week in the mornings, break, lunch, and right after school. ALSO, Monique (the manager) decided that since too many people forgot about the previous deadline, she will have the store open till about the July 9th. People can place another order and it'll be delivered early next year, although Maria is **not** in charge of it. <https://bjmgrad2025edition2.itemorder.com/shop/home/>

Grade 12 Principal's Honour Roll: Please come to the Main Office and pick up your Honour Cord.

Re: BJM Parking: We have received word from the mall across the street that they are going to ticket students who park in their lot. Please consider busing, carpooling, or parking on the street.

Remember to take your locks home and bring them back in the fall. All locks remaining on lockers after 1:00 p.m. on Wednesday, June 19th will be removed. The school is not responsible for items left in lockers. Students who do not take their lock home will need to purchase another school lock in the fall.

A Reminder for Graduates / Students Leaving GSCS: Please remember to move any files that you want to keep in your GSCS OneDrive, before the end of the school year, as your account will no longer be available after the school year is over. If you want any help with this process, please see Ms. Livingston in the Main Office.

	Wednesday, June 19	Thursday, June 20	Friday, June 21	Monday, June 24	Tuesday, June 25
8:30-9:30	Period 1 - Last Class / Mandatory Review/Instructional Time	Period 2 - Last Class / Mandatory Review/Instructional Time	Period 3 - Last Class / Mandatory Review/Instructional Time	Period 4 - Last Class / Mandatory Review/Instructional Time	Period 5 - Last Class / Mandatory Review/Instructional Time
9:40-11:50	Period 1 Assessment	Period 2 Assessment	Period 3 Assessment	Period 4 Assessment	Period 5 Assessment
11:50-1:10	Supported Open Learning Time - Teachers Available for Support or Recovery of Outcomes	Supported Open Learning Time - Teachers Available for Support or Recovery of Outcomes	Supported Open Learning Time - Teachers Available for Support or Recovery of Outcomes	Supported Open Learning Time - Teachers Available for Support or Recovery of Outcomes	Exam Accomodations and Recovery of Outcomes

**MENTAL
HEALTH
IS
HEALTH.**



What is Mental Health?



Mental Health is Health.
Everyone has it.

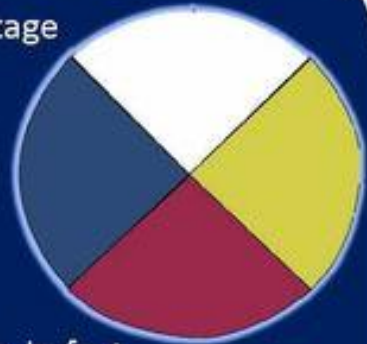
It includes our emotional, mental, and social well-being. It affects how we think, feel, and act.

Why is Mental Health Important?

Mental health is important and affects us at every stage of life, from childhood, adolescence through to adulthood.

Our Mental Health determines how we cope with stress, relate to others, and make choices.

Mental Health is just as important as Physical Health. In fact, if we don't take care of our mental health it can affect our physical health.



How to take care of your mental health...



- Set boundaries
- Exercise
- Practice mindfulness
- Challenge unhealthy thoughts
- Ask for help/express your needs
- Self care
- Eat balanced foods
- Connect with others

For more information and support please contact the
STC Integrated Wellness Program
at 306-381-4659 or mmclean@sktc.sk.ca

