



Student Notices

Tuesday, June 18, 2024

BJM Cafeteria

Today's Special

BJM Cheeseburger with Chips

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.

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

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.

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/>

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.

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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.

Student Services

2024 GETT CAMP Girls Exploring Trades & Technology: Just for girls! A unique and inspiring week-long day camp for girls aged 12 – 15 who are interested in trades and technology. Saskatoon July 8-12, Prince Albert July 15-19, Moose Jaw July 22-26, Regina July 29-Aug. 2. Space is limited. Only 10 spots per location. For more information, visit saskpolytech.ca/witt Registration has opened by phone, but the website hasn't been updated for the online registration yet. The phone number to call is 306-659-4800 and they will ask for the course code, (WITT-1601), the CRN, (202411-1043), and the start date for the program.



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

