

## Wednesday, January 25th

### Daily announcements

· Today is “Lets Talk” day and MPSS will be joining to help create positive change for mental health. When it comes to mental health, it's important to support ourselves and each other. There are many actions big and small that we can do to improve our mental health and the lives of other people living with mental health issues.

Today:

Listen to your mind and body

Ask for help and take time if you are struggling or feeling overwhelmed

Take a walk

Reach out to a friend

Remember, it's okay to not be okay.

Come hangout in room 1060 today at lunch for some games and relaxation.

· Book club is meeting Thursday at lunch in room 2011, see you there.

· Match-O-Grams will be on sale until Thursday for \$3 in the café.

Semester 2 co-op students need to make an appointment with Mr. Forster as soon possible. Placements should be arranged prior to the start of semester 2.

· Hey MPSS! Our send a smile delivery crew will be coming around after announcements to make your day brighter!

· General council today at lunch.

· Are you a potential graduate? You are required to complete 40 hours of community service to graduate this year. We need these sheets handed in ASAP for us to prepare for graduation. Please stop by guidance to pick up community hour sheets.

· Attention students, there is after school tutoring Monday through Thursday in learning services. Please see learning services for more information.

Today at MPSS

Thursday at MPSS

