

# PORT PERRY HIGH SCHOOL ANNOUNCEMENTS



# Friday, May 10, 2024



# Mental Health Week - May 6th - 12th

- Believe it or not, fun and laughter doesn't just make us feel good, it also comes with positive health benefits! It can improve your mood, reduce stress, boost your immune system, release endorphins, helps to ease anxiety, It is a natural painkiller, improves sleep, creativity and memory and finally it builds connections with others. So why not create a 'happy' music playlist or watch a comedy movie with friends and family.
- Remember, no matter how busy life gets, finding time for fun and laughter is the best medicine that is good for the body, mind and soul.

#### Guidance - Graduates

You have been invited to the Commencement Awards, Bursaries and Scholarships Google Classroom. If you haven't already done so, please accept the invitation. We are encouraging ALL graduating students to please fill out the application Google Form and applicable assignments to be considered for some of the awards, scholarships and bursaries that our generous donors provide to our graduating class each year. The Commencement Awards Committee looks forward to reviewing these applications each year and collaboratively selecting the deserving recipients. The applications are due Monday, May 20<sup>th</sup>, 2024. Start working on your application today!

# Improv Club

Attention PPHS Improv Club today right after school 2-4 in the drama room, don't know what improv is? Come out and try it, you might like it.

#### **Ultimate Frisbee**

The Ultimate Frisbee Coaches are extremely proud of the PPHS Team for their perseverance and positive attitude winning a close game against Courtice S.S. and playing a great game against Bomanville. Rest up for a tough game on Monday!

#### **Music Council**

- Attention all PPHS Musicians....Music Awards night happens next Wednesday, May 15<sup>th</sup>. Please sign up on th music room windows today and let us know how many you are bringing with you so that we know how much food to prepare! Today is your last day to sign up for dinner!
- Attention Music Council... we will be meeting today at lunch in the vocal music room to discuss next Wednesday's awards night. See you all there!
- There will be a brief meeting TODAY at the beginning of lunch in the music room for all those going to Toronto tonight to see Les Miserables! Please arrive in the instrumental room no later than 10:40 and we will keep the meeting very short with the final instructions.

#### **Library News**

• TODAY Doggy Day!! If you signed up with the proper form and received a designated time slot then we will see you today for your chance to de-stress with some awesome dogs from The Animal Guardian Society.

## **Food Drive**

Please help us reach our goal of 200 items in our school Food Drive. All donations will help our community through Operation Scugog. Let's reach our goal and get our teachers involved!!

# **Golf Team**

Congrats to our Golf Team on sweeping all of their points yesterday beating All Saints.Great Job!

#### **Student Council News**

• Well the votes are in folks!! With a whopping 52 points Blue has officially been voted the BEST Freezie Flavour! Was that your pick? Come let us know at lunch outside room 106.

# Junior Boys Volleyball

This is for Junior Boys Volleyball, please meet in Gym A/B at the beginning of lunch for a team picture. Make sure to wear your jerseys.

## **Indigenous Buy Out**

Attention PPHS – The Think Indigenous buy out forms are finally available next week (Mon – wed) in front of the office at lunch. May 28<sup>th</sup> is fast approaching do not miss out on this event. Spots are extremely limited! School Cash Accepted. Am and/or PM options available. Guest speakers, activities and FOOOOOOD! Come out to support the PPHS Indigenous circle.