



PORT PERRY HIGH SCHOOL ANNOUNCEMENTS



Monday, May 6, 2024



Mental Health Week – May 6th – 12th

- The theme this year for Mental Health Week is “A Call to be Kind”. It is focused on the healing power of compassion. It reminds us to show compassion for ourselves and others and to spread kindness in our schools and communities. Taking care of ourselves and others takes time and focus. It is important to give ourselves space to recognize how we are and what we need. Most importantly, it takes a community to notice, reach out and care for one another by centering our attention on our shared humanity. Today is MINDFUL MONDAY! Mindfulness is the practice of being in the here and now. It teaches us to slow down and notice what we are thinking and feeling without judgement, so we can treat ourselves with compassion and kindness. Spend time outside and take time to intentionally notice your surroundings. Reflect on your senses – what do you see, hear, taste, smell and feel? Being in nature and taking in these moments are important for our body and mind. Enjoy your day!



Red Dress Day honours the memories of missing and murdered Indigenous women, girls, and two spirit peoples across Canada. Metis Artist Jaime Black helped inspire the red dress day movement, where red dresses are hung from windows and trees to represent the pain and loss felt by loved ones and survivors. Please take the time today to visit the front Foyer and the display case out front of the office to learn more about Red Dress Day.

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. Through this Google Classroom students will also be nominating and voting for the Valedictorian in mid-May. The applications are due Monday, May 20th, 2024. Start working on your application today!

Student Council for 2024/2025

- Attention all students!! Are you wanting more activities around the school? Would you like to invite your dream date to a school dance next year? How would you like to see PPHS Rebels help out in our community? Want a say? Want to get involved and make a difference? Well student council might be the place for you. Student elections are coming up! Get your candidacy forms outside room 220 or room 232 today!

Music Council

- Insieme will hearse at their regular time today after school beginning at 3:30 p.m. We will only rehearse for an hour but it is important that everyone be there as this is our final rehearsal before the concert this week and we have our accompanist coming! See you on the risers!
- Attention all music students involved in classes and extra-curriculars.... our Music Awards Night is coming up on May 15th and we want to see all of your smiling faces there! Please sign-up on the music room windows today and let us know how many you are bringing with you so that we know how much food to prepare! Thanks!
- Hey PPHS.... The final Café Talent Night of the year is coming up on May 23rd and auditions are happening this week! IT is not too late to sign up..... there are still a few spots left!

Golf Team Members

- All Golfers who tried out in September there is a meeting today at the beginning of lunch in Gym C.

Library News

- From the library – Happy Children's Mental Health Week! Are you looking after your mental health? Do you get enough sleep? Eat properly? Spend time with friends and family or alone in nature? Have you tried meditation? Yoga? Do you know that reading for pleasure reduces stress and contributes to a longer life? There are many things we can do to keep ourselves healthy, both mentally and physically. Another great way to de-stress is to spend time with our furry friends. Your PPHS library is here to help you with the last part. We will be hosting some rescue dogs on Friday, who will be here to hang out with our students. If you want to de-stress with some rescue dogs, come to the library today to pick up a permission form. Spots are limited and permission forms must be returned by Thursday, so pick one up today.
- Battle of the Books meets today at lunch in the library.

Outdoor Education

- On Friday, a team representing the outdoor education program competed in an event at Duffin's Creek against 7 other schools. Our team from Port Perry was the only team to complete all the events! Although we placed second in the time trial the team is determined to improve and compete next year. If you see any members from our team please congratulate them!