



PORT PERRY HIGH SCHOOL ANNOUNCEMENTS



Wednesday, May 8, 2024



Mental Health Week – May 6th – 12th

- Are you getting enough sleep? Try out a sleep routine that will help you get the hours you need to recharge your battery. Sleep helps everyone feel a bit brighter.
- Five tips for better sleep include: having a bedroom routine, limiting nap time, avoiding caffeine and sugar before bed and turning off your phones at least an hour before bed to avoid blue light. These in turn will allow you to catch those much needed zzzz's.
- Today student ambassadors are asking you to stop by the Random Act of Kindness Lemonade Stand at lunch in front of the office!! You might just find yourself a positive message to boost your mindset and of course a nice cold quenching glass of lemonade!

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 20th, 2024. Start working on your application today!

Student Council for 2024/2025

- Attention Rebels! Are you interested in making a difference here at PPHS? Then you should consider applying for a leadership position on student council. Forms can be picked up from room 220, 232 and the caf. Bring your forms back to Room 220 to be considered. Prime Minister nominations are open! Gr. 11 students pick up the same form from room 220, 232 or the caf and return it to room 220 to be considered. All forms are due back by Thursday, May 9th.

Drama Club Meeting

- There is a drama club meeting today at lunch in the drama room. See you there!

Improv Club

- Improv Club will meet today right after school from 2-4 in the drama room. Come on out and try it!! All are welcome!

Dance Club

- Dance club will meet on Thursday in the drama room at lunch. All are welcome!

Music Council

- Junior Concert Band and Senior Wind Ensemble will have their regular rehearsals today after school and this evening. These are our FINAL preparations for tomorrow evening's concert, so all members MUST attend. Rehearsals will be shorter by anywhere from 45 minutes to an hour depending on how things go, so please prepare your rides accordingly. See you all there!
- 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!
- Auditions continue this week for Café Talent Night on May 23rd. There are still some spaces left for this final event of the year. See Ms. Rensink to sign up.
- There will be a brief meeting on Friday at lunch in the music room for all those going to Toronto this Friday evening to see Les Miserables! If you have specific seating requests please see Ms. Rensink in advance of this meeting!

Library News

- Got a touch of Spring Fever? Feeling restless and irritable? If you want to experience the stress reducing benefits of playing with dogs, come to the library on Friday. That's right – the PPHS library is bringing rescue dogs from The Animal Guardian Society to hang out this Friday. Want to attend? Pick up a permission form in the library today. Spots are limited. You must hand in the permission form by tomorrow at the latest. Donations are being accepted for The Animal Guardian Society – the oldest rescue in Durham Region. TAGS operates entirely, 100% by volunteers. See Ms. Andrews or Ms. Brohm in the library for more information.