



BMHS DAILY ANNOUNCEMENTS

Tuesday, April 12, 2022

JOIN YOUR GOOGLE CLASSROOM

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BMHS



Google Classroom

Every student should join their graduating class' Google Classroom to stay up to date with grade specific announcements!

Grade 9 Class of 2025 - 7fdotgt

Grade 10 Class of 2024 - pqn6r6b

Grade 11 Class of 2023 - xmntytr

Grade 12 Class of 2022 - 5kuzhmr

DAILY SELF-SCREENING

Tuesday, April 12, 2022

Ministry of Health | Ministry of Education

Ontario 

BMHS

**COVID-19 screening tool
for schools and child care settings**

Version 4.6: March 21, 2022

Reminder that all students must complete and pass the daily COVID-19 self-screening tool each day, prior to attending in-person learning.

Students will be asked, upon arrival at school, to confirm that it has been completed. QR Codes will also be posted outside the entrances to the school building.

WELLNESS

Tuesday, April 12, 2022

BMHS

Do you want to win candy? This week's Wellness Challenge is "Where's Wellness?" On Wednesday at lunch, find the Wellness group scattered across the school, complete the challenge and win a prize. There are 6 different groups around the building to find. Look for the feather boas.

See you there!



Photo credit:pinterest.com

CHARTWELLS CAFE

Tuesday, April 12, 2022

BMHS

A quick message from Chartwells café.

Visit us in the café for our daily On the Go menu offering smoothies, fruit cups, pretzels or freshly baked goodies.

We hope to see you soon.



photocredit:clipartix.com

DANCE TEAM

Tuesday, April 12, 2022

BMHS

Dance team will be meeting Tuesday April 12 at 11am.
Attendance is mandatory.



SR GIRLS SOCCER

Tuesday, April 12, 2022

BMHS

Today there will be a brief meeting for the members of the Senior girls' soccer team at 10:45 am in Room 219 to discuss requirements and expectations for the upcoming season.

Players must contact Mr. Andrez if they cannot attend the meeting.



GIRLS SLO-PITCH

Tuesday, April 12, 2022

BMHS

Girls Slo-Pitch Team is gearing up for tryouts. See the teams board outside the big gym to use the QR code to complete a player survey.

First team meeting will be on **Wednesday April 13th** during lunch in room 114.



photocredit:p.facebook.com

LIFE SKILLS PROM

Tuesday, April 12, 2022

BMHS

Hey Banting, got any old books you don't read and want to help fundraise for the life skills prom? Bring in all your old books and drop them in the box at the front of the library.



Photo credit:cliparts.zone

LIFE SKILLS PROM FUNDRAISER

Tuesday, April 12, 2022

BMHS

HEY BANTING COME JOIN THE LEADERSHIP CLASS AT THE FRONT FOYER THIS FRIDAY TO RAISE MONEY FOR THE LIFE SKILLS PROM! WE WILL BE HOSTING ANOTHER TOONIE TOSS FOR YOU TO WIN PRIZES. BRING YOUR TOONIES OR CHANGE EQUIVALENT TO \$2 FOR A CHANCE TO WIN A PRIZE!
WE HOPE TO SEE YOU THERE!



Photo credit:coinscatalog.net



CALLING ALL STUDENTS!

Ever had an idea for a company? Learning how to run your own student business is one of the best summer jobs you can have.

Successful Participants Receive:

- Up to \$3,000 in funding
- Hands-on training
- Mentoring from local business leaders

Summer Company is open for applications
To learn more about this program and how to apply, come to the information session that will be hosted by Banting's Coop Department on **April 20th, 2022 during period 2 class.**

Registration is required to attend the information session. You can register in the Co-op department.

ACTIVE APRIL

Tuesday, April 12, 2022

BMHS

Active April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1. Commit to being more active this month, starting today	 2. Spend as much time as possible outdoors today	 3. Listen to your body and be grateful for what it can do	 4. Eat healthy and natural food today and drink lots of water	 5. Turn a regular activity into a playful game today	 6. Do a body-scan meditation and really notice how your body feels	 7. Get natural light early in the day. Dim the lights in the evening
 8. Give your body a boost by laughing or making someone laugh	 9. Turn your housework or chores into a fun form of exercise	 10. Have a day free from TV or screens and get moving instead	 11. Set yourself an exercise goal or sign up to an activity challenge	 12. Move as much as possible, even if you're stuck inside	 13. Make sleep a priority and go to bed in good time	 14. Relax your body & mind with yoga, tai chi or meditation
 15. Get active by singing today (even if you think you can't sing!)	 16. Go exploring around your local area and notice new things	 17. Be active outside. Dig up weeds or plant some seeds	 18. Try a new online exercise, activity or dance class	 19. Spend less time sitting today. Get up and move more often	 20. Focus on 'eating a rainbow' of multi-coloured vegetables today	 21. Regularly pause to stretch and breathe during the day
 22. Enjoy moving to your favourite music. Really go for it	 23. Go out and do an errand for a loved one or neighbour	 24. Get active in nature. Feed the birds or go wildlife-spotting	 25. Have a 'no screens' night and take time to recharge yourself	 26. Take an extra break in your day and walk outside for 15 minutes	 27. Find a fun exercise to do while waiting for the kettle to boil	 28. Meet a friend outside for a walk and a chat
 29. Become an activist for a cause you really believe in	 30. Make time to run, swim, dance, cycle or stretch today					

ACTION FOR HAPPINESS **Happier · Kinder · Together**

MUSIC

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Attention all musicians!

Music extra-curricular groups are back together after a very long break!

Do you play a wind instrument, or have you taken an instrumental music course at Banting? Then the Concert Band is the place for you! It meets Tuesday and Thursday after school in the music room, which is room 170 in the tech wing.

Do you like to sing? Are you an experienced vocalist? Or do you just like to sing in the shower? Either way, Glee is the place to be!

Glee is a multi-level choir that meets every Monday and Wednesday after school in room 170.

Be a part of the rebuilding of a legacy! These ensembles historically have toured, travelled, and won international competitions in various cities all over North America, including Montreal, Nashville, New York, Chicago, Boston, and Washington D.C. We will be doing so again, as soon as student travel opportunities are allowed. If music, friendship, travel and new experiences are of interest to you, come be a part of music at Banting!

See Mr. Kennedy or Mr. Heeley for more information and to sign up for an ensemble!



Photo credit:facebook.com