



BMHS DAILY ANNOUNCEMENTS

Tuesday, April 19, 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 19, 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.

FASHION SHOW

Tuesday, April 19, 2022

BMHS

Let's celebrate our threads, our dreads, our scarves,
our skirts, our shirts, our colours, our beads.
Let's celebrate our cultural heritage together.

This spring, the Equity Team is proud to announce
Banting's first Cultural Diversity Fashion Show!
If you or any of your friends are interested in
participating, please follow the QR code on our
posters around school or visit Room 138 or 216.



Photo credit: eventbrite.com

DANCE TEAM

Tuesday, April 19, 2022

BMHS

Dance team will be meeting today at 11am in room 167 and again at 2:30 to prep for our upcoming competition!

Attendance is mandatory!



Photo credit: clipart-library.com

INTRAMURALS

Tuesday, April 19, 2022

BMHS

Attention Spikeball players!

The tournament starts this week, be sure to check the Intramural bulletin board later today to see your schedule. Good luck!!

Spikeball™



Photo credit: p.facebook.com

RELAY FOR LIFE

Tuesday, April 19, 2022

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Banting do not forget to register and take part in our Relay for Life fundraiser.

We have a long way to go to reach our **\$20,000** goal.

You could be the difference!

You can donate today at: www.relayforlife.ca/banting



WELLNESS CHALLENGE

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Do you want to win a freezie?

There is just 1 thing that you have to do.

Come out to this week's Wednesday Wellness challenge, Homeroom Homies. Junior students need to find a senior student that has the same first period from the same department. Or vice versa....Senior students, find a junior student with the same first period from the same department. Once you have found your homeroom homie, come to the front of the school to win your prize.

See you there!

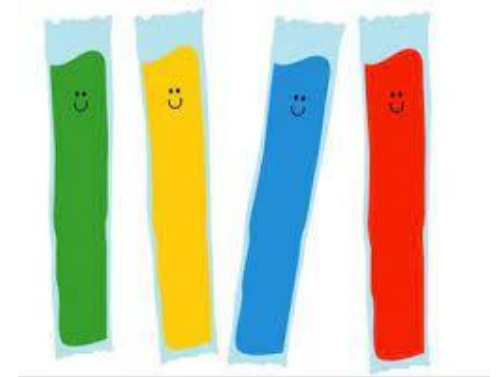


Photo credit:clipart-library.com

VOLLEYBALL

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This is a reminder that the Junior girls and junior boys are facing off against each other tomorrow in the large gym.
Come watch the match during lunch.



Photo credit: [photostockeditor.com](https://www.photostockeditor.com)

IMPROV CLUB

Tuesday, April 19, 2022

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Remember today is Improv/Drama club. It's always open to newcomers!

Come on out to room 207 from 11:00-11:30. Yearbook will be there today to take photos.

See you there!



Photo credit: justthefunny.com

GIRLS SLO-PITCH

Tuesday, April 19, 2022

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The first Girls Slo-Pitch Tryout will be scheduled for Wednesday April 20th following school (2:40pm) at GA Wright Athletic Field.

Make sure to bring your glove and cleats!

Contact Mr. Knapp if you have any questions.



Photo credit: clipart-library.com

DEBATE TEAM

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Do you want to speak up? For something or someone? Have your opinions and ideas discussed and presented or to elaborate on others? Well look no further for just that than Banting's newly founded debate team. We will be meeting for the first time in room 221 of the History Hall on April the 20th during Lunch. No prior experience is required to join except for the willingness to debate, save the date!



Photo credit:clipart-library.com



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 19, 2022

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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