



# BMHS DAILY ANNOUNCEMENTS

Friday, April 8, 2022

# JOIN YOUR GOOGLE CLASSROOM

Friday, April 8, 2022

**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

Friday, April 8, 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.

# RELAY FOR LIFE

Friday, April 8, 2022

# BMHS

June 9th is Relay for life! We hope to see everyone there to spread awareness for cancer research. Sign ups will be a QR- code outside of the main gym!

Please contact Ms. Mitchell or the Leadership class for any further questions.



Photo credit:pinterest.com



Attention Banting Students and BSA Members!  
You are all welcomed to bring your lunch and come to room  
167 today at 11 for BSA.  
Come on out for some good music and conversation. We  
hope to see you there. Be sure to bring a friend.



# GIRLS SLO-PITCH

Friday, April 8, 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 player survey. First team meeting will be on Wednesday April 13th during lunch in room 114.



Photo credit: id.pinterest.com

# FUNDRAISER

Friday, April 8, 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.

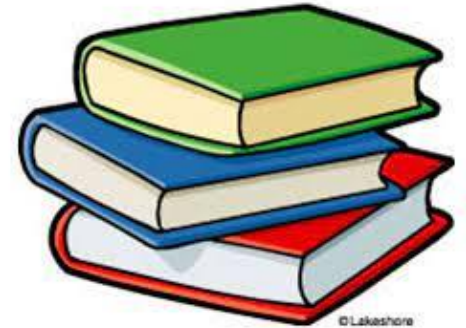


Photo credit:cliparts.zone

# LIFE SKILLS PROM FUNDRAISER

Friday, April 8, 2022

# BMHS

Hey Banting! Just a reminder that the free throw competition is today at lunch in Gym 116.  
Bring a toonie and try to win a prize.  
See you there!!



Photo credit:pinterest.com



# ACTIVE APRIL

Friday, April 8, 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

Friday, April 8, 2022

# BMHS

## 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