



BMHS DAILY ANNOUNCEMENTS

Friday December 8, 2023

BREAKFAST CLUB

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BMHS

Banting's breakfast club is up and running again. All Banting students are welcome to come to the Room 165 before school, from 7:40- 8:00am to start their day with bagels and cream cheese, milk, yogurt, and fruit.

There is no cost to access this great program, please come down and start your day off right.



Congratulations to the junior girls volleyball team on their comeback win against Le Caron yesterday. The team racked up a lot of points through their consistent serves and great passing. Well done ladies!

Tips & Strategies for managing test and exam stress

Friday December 8, 2023



Next week there are a few different opportunities for students to get help with studying and prepare for culminating activities:

Tips & Strategies for managing test and exam stress will be taking place on Monday and Weds at lunch. This is a 40 minute lunch and learn session for students to get some support with studying help and learn about how to manage and cope with test taking anxiety. Pizza lunch is provided.

The library will be open on Tuesday and Wednesday after school until 4:00. Open study space is an opportunity for students to drop in, have a designated space to prepare for culminating activities and get help with homework or questions related to any of their subjects before culminating assignment days begin. Teachers will be there to supervise and answer questions from 2:30-4:00.

ACADEMIC SUPPORTS FOR STUDENTS DEC 11-13

Dec 11	- @ lunch - Tips & Strategies for Managing Test & Exam Stress from 10:50-11:30 in the career centre
Dec 12	- @ lunch - Tutoring in the back of the library after school - Open study space in the library from 2:30-4:00
Dec 13	- @ lunch - Tips & Strategies for Managing Test & Exam Stress from 10:50-11:30 in the career centre - Open study space in the library from 2:30-4:00

Tips & Strategies for managing test and exam stress is a 40-minute lunch and learn session for students to get some support with studying help and learn about how to manage and cope with test taking anxiety. Pizza lunch is provided.

Open study space is an opportunity for students to drop in, have a designated study space to prepare for culminating activities and get help with homework or questions related to any of their subjects before culminating assignment days begin. Teachers will be there to supervise and answer questions from 2:30-4:00.

Wellness lunch & learn series for all grades!

TIPS & STRATEGIES FOR MANAGING TEST & EXAM STRESS

Free Pizza

Free Study Resources

Mon Dec 11 - 10:50 - 11:30
OR
Weds Dec 13th - 10:50 - 11:30

Sessions will take place in the career centre. Spots are first come first serve, please sign up using the QR code.

Pizza lunch and free study resources will be provided.



The Jewish Festival of Lights continues. Happy Hanukkah to all who celebrate!