



SALISBURY

COMPOSITE HIGH

Thursday, April 29, 2021– Day 1

Student Information:

- **Mental Health Week.** All across the country, Canadians will be celebrating and participating in Mental Health Week from May 3 to May 9. Look for posts on social media and information in the announcements next week. Mark next Wednesday on your calendars. It's Hats On! for Mental Health. Let's bring out the hats and wear 'em loud and proud.

The theme of the year's CMHA Mental Health Week is understanding our emotions. Recognizing, labelling and accepting our feelings are all part of protecting and promoting good mental health for everyone. Good mental health isn't about being happy all the time. In fact, a mentally healthy life includes the full range of human emotions - even the uncomfortable ones like sadness, fear, and anger.

Let's start looking forward to next week

- **Mechanics AST Exam:** A reminder to students writing the First Year AST exam in Mechanics on Wednesday, May 5. Please come down to the automotive shop no later than 12:30 p.m. on May 5 to prepare for the 1:00 p.m. exam. If you have any questions, please contact Mr. Husky.
- **In House Awards:** The In-House Awards deadline is **Friday**, April 30. Please find information on our website or pick up a printed copy at the front office.

Grad:

- **Grade 12 Students:** Orange Fountain creates our Grad Video every year and needs our help! They would like photos from your Salisbury High School experience (grade 10-12) of you at school or at after school events such as athletics. You may also include photos of you with your friends (Salisbury students only please). Please email photos to Mrs. Schlegl at karen.schlegl@eips.ca
- **Caps & Tassels:** If you have borrowed a Cap & Tassel for your grad pictures, please return to Mrs. Schlegl for others to use.

- **Grad Quotes:** Please see your email or the Grad Brightspace to submit your Quote for the Yearbook.

Cafeteria:

- **Thursday: Soup:** Roasted Butternut Squash Soup & Fresh Bread. **Special:** Hotdog \$1.75
- **Friday:** Thai Green Chicken Soup

Upcoming Events:

- May 5: Early Dismissal
May 7: PD Day – No School
May 21: No School
May 24: Victoria Day Stat

