

STUDENT BULLETIN

Day 8

Wednesday January 27, 2021

IMPORTANT DATES

****Procedure masks** (worn blue side out!) required at all times when on campus (inside & outside).



Info: <http://alexandergalt.etsb.qc.ca/protocols/>

Feb. 1-10: Online registration 2021-22 for returning students. Email sent soon to parents.

February 5 : Report cards posted on Parent Portal

Feb. 12 & 15: Planning days

Feb. 18: Parent-Teacher Interviews by Zoom appointment (17:00-20:00)

DL SCHEDULE (Level 3-4-5)-For Jan.18-Feb.5

<http://alexandergalt.etsb.qc.ca/dl-schedule-levels-345/>

MENU

Wednesday: Chicken noodle soup, Domino's pizza

Thursday: Tomato soup, meatball subs

Friday: Chicken Divan, rice, veggies

HELP DESK-Online service at:



<https://sites.google.com/edu.etsb.qc.ca/ict>.

At school: Tuesday & Thursday 10:55-11:10 and 12:20-12:50 in Central Lobby (hallway next to Central Office).

VIRTUAL TRAINING SPORT SESSION-Free!

During January, train with a sport star once a week online. Sign up to get your Zoom link at: www.tonsport-toncoach.ca.

ACCOMMODATIONS TUTORIALS

Find out how to use Google Read & Write, Word Predictor, Speech to text.

<https://sites.google.com/edu.etsb.qc.ca/accommodations/accommodations-google-read-write>



BREAKFAST TO GO-At the Library

Every day starting at 8:50 & during Academic block (with teacher's permission). Hand washing and mask mandatory.

VAPING-Thinking about reducing or quitting?

Need support? See Student Services for an appointment. You can do this!!

KIDS HELP PHONE-For support anytime!

<https://kidshelpphone.ca> or phone free: 1-668-6868 or text "CONNECT" to 686868 or via Facebook Messenger.



SHERBROOKE YOUTH CLINIC(12-25 years old)

Open Monday-Friday for STDs screenings, pregnancy tests, contraceptives. For an appointment: 819-780-2222. Ask for the Youth Clinic secretary. Other local youth clinics available: <https://www.santeestrie.qc.ca/en/care-services/services-specialises/specialty-clinics/youth-clinics/>

FROM THE COUNSELLOR'S DESK

CEGEP APPLICATIONS-Coming soon!

Ms Thibault is presently visiting all Level 5 classes to help with CEGEP applications. Still hesitating between programs/schools? Send her an email to set up a meeting & discuss Voc. Ed. or Cegep options: thibaultm@edu.etsb.qc.ca

VIRTUAL OPEN HOUSE-Cegep de Sherbrooke

Ongoing till Feb.20. See Mrs.Thibault for info. <https://www.cegepsherbrooke.qc.ca/fr/portes-ouvertes-2020-et-2021-formule-hybride>

CHAMPLAIN COLLEGE- Special care counselling

Info session **Thursday** at 18:00. Sign up: scassivi@crcmail.net.

VIRTUAL STUDENT FAIR – Jan. 28- Feb. 5

Talk with reps from Vocational Training Centres, CEGEPS and Quebec universities about the programs they offer. Info: <https://ecarrieres.com/en/evenements/virtual-student-fair/>

STUDY @ MCGILL - Saturday Feb. 13

Participate in the virtual event *The road from high school to McGill* to get useful tips & infos as you consider your academic & career goals. More details at: <https://www.mcgill.ca/qcstudyfair/>

STUDENT BULLETIN

SELF-CARE IS IMPORTANT!

Look at the chart and check what you are already doing to take care of yourself.
Then pick **one or two new ways** of doing so to add to your list of TO DO'S.
You got this!!!

Types of Self-Care

Physical  Sleep Stretching Walking Exercise Nutrition Yoga	Emotional  Stress Management Coping Skills Compassion Therapy Journaling	Social  Boundaries Support System Positive Social Media Communication Friends	Spiritual  Time Alone Meditation Prayer Nature Sacred Space
Personal  Hobbies Creativity Goals Identity Authenticity	Space  Safety Healthy Environment Stability Clean Space	Financial  Saving Budgeting Money Management Paying Bills Boundaries	Work  Time Management Work Boundaries Breaks Blessing Manifesting

① For information about COVID-19, visit canada.ca.