

STUDENT BULLETIN

Day 1-2

Monday-Tuesday June 13-14, 2022

IMPORTANT DATES

- June 13-23: Only for students with exam prep, exams, targeted instruction, reassessment.
- June 25: Graduation/Prom Ceremony

REPORTING AN ABSENCE-Call 819-563-0770

CYCLE 1 (yellow house): ext. 22092
CYCLE 2 (blue house): ext. 22093
MAPS/WOTP: ext. 22007

COVID REMINDERS

- No masks required anywhere in school/bus.
- No food deliveries permitted.
- Backpacks in lockers (exception: students with accommodation to that effect).
- No sharing lockers!!



OUT OF BOUNDS AREAS

- Baseball, Lower soccer & upper football fields
- Central stairwells (unless going to Central Office, Student Activities/Services)
- Blue/Green + Voc. Ed. Parking lots

MENU

- All week: soup & sandwiches.

STUDY RETREAT FOR EXAM WEEK

For Level 4 & 5 in the Library:

- Enjoy a quiet space to study
- Learn to manage stress (e.g., meditate, learn mindfulness techniques, Yoga)
- Eat healthy snacks (free food!!)

Sign up here to participate:

https://docs.google.com/forms/d/e/1FAIpQLSeFwEvnS1Bq2qyJM3cP92OXtZnW5WRIG0Q3D1A1T-rc2t7KMA/viewform?usp=sf_link

LIBRARY-During Exam Period

Open only to students registered in Study Retreat.
-The Bistro and Breakfast Club are closed.

NURSING SERVICES-Now available



For contraception, morning-after pill, pregnancy test, STDs testing. See Student Services for an appointment or email pyen@etsb.qc.ca

HELP DESK-Online service 8:00-16:00 Mon-Fri.

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

At school: Tuesday & Thursday 10:50-11:05 and 12:35-13:05 in Central Lobby (beside Central Office).

STOP-VAPING KIT

Summer is coming! Set yourself a personal goal by reducing/stopping vaping. See Ms. Blinn in Student Services and get a free kit filled with tools to help you achieve your goal. First come first served!

COMMUNITY LINKS-Need....



...someone to talk to, help with cyberbullying, info on job search, c.v., legal matters, contraception, STD screening, etc?

<http://alexandergalt.etsb.qc.ca/community-announcements/>

FREE STDS INFO & SCREENING

Tuesday June 28 from 9:00-15:00 at 50 Camirand, Sherbrooke. No appointment necessary.

FROM THE COUNSELLOR'S DESK

CEGEP APPLICATIONS

June 14: 3rd answers post on admission.sram.qc.ca

STUDENT BULLETIN

DID YOU KNOW?

THE DARK SIDE OF ENERGY DRINKS

If you drink some, do it wisely!

What's in them?

Too many ingredients with the same effects on your body.

Caffeine

Acts to stimulate your body. Harmful in big quantity (your body sometimes needs a break!)

Glucuronolactone

Acts to fight fatigue and brings a sensation of well-being; made from sugars in the liver.

Taurine

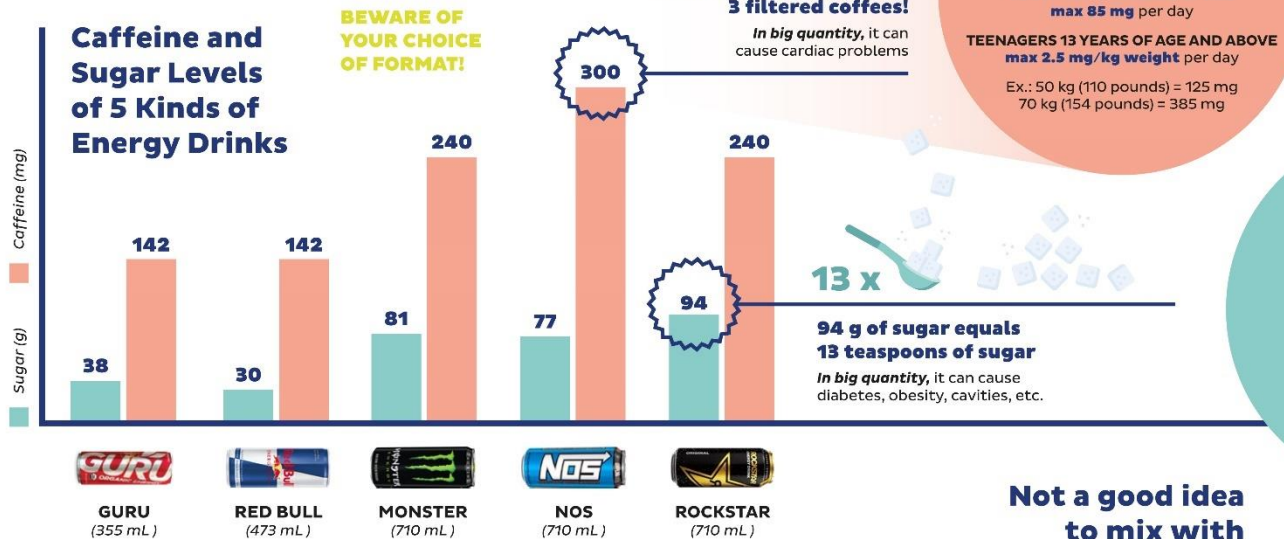
Increases performance and concentration; your body produces it in small quantity. The effect of the mix between taurine and caffeine is currently being studied and is potentially harmful.

Ginseng

Brings vitality, helps with concentration and physical efforts. Can increase the effects of stimulating foods (such as coffee). Beware of interactions with many medications.

Group B Vitamins

Act on our energy metabolism. Sometimes found in quantities greater than the amounts deemed safe.



Alternatives to energy drinks

Fruit Smoothie Kombucha
Ginger (infusion, marinated, candied, etc.)
Matcha or green tea (adults)
Good nights of sleep!

Not a good idea to mix with alcohol!



For help or information

FOLLOW US ON
SANTEEESTRIE.QC.CA/EN/AIREOUVERTE

Centre intégré universitaire de santé et de services sociaux de l'Estrie - Centre hospitalier universitaire de Sherbrooke

Québec