

STUDENT BULLETIN

Day 3-4-5

Wednesday-Friday June 15-17, 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/1FAIpQLSeFwEvnS1Bq2qyJM3cP92OXtZnW5WRIG0Q3D1AIT-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.



STUDENT BULLETIN

It's exam season!

5 SIMPLE WAYS TO BE MORE ACTIVE

*Be active,
be stress
free!*

1 Find a physical activity app that you like

2 Take a 15 minute walk during your day; while listening to music, with friends or your pet

3 Dare to discover a new sport

4 Create a little home exercise routine

5 Go for a bike ride or for a swim



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et de services sociaux
de l'Estrie – Centre
hospitalier universitaire
de Sherbrooke

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