

DUNBARTON HIGH SCHOOL

Announcements

September 10, 2019

Good morning Dunbarton, these are today's announcements:

Capture your memories by purchasing a yearbook at picture day today. \$95 for a package or \$50 for just the yearbook. We know you'll shutter in anticipation.

Spoken Word starts Today! Everyone is welcome. Please meet in the library classroom at lunch.

Hey DHS! Did you hear that the school clothing this year is from Champion? Come to room 408 to order yours today!

FLASH SALE! All you rascally students with library fines are invited to come to the library before 3pm on Wed to take advantage of: Half Priced Library fines. Offer expires Wed September 11th.

To all students who would like to join DECA this year, please remember to scan the QR Codes posted around the school to submit your application. The application is due Friday September 20th at noon! Good Luck!

For anyone who is interested in joining DECA there will be a general information meeting on Wednesday September 11th at lunch in Room 508. See you there!!!

Hey Dunbarton Spartans! Do you want to raise awareness about social justice issues, stop prejudice and spread diversity in your school? If so, the Students Together Opposing Prejudice association is the best fit for you. Everyone is welcome to join [this Friday at lunch](#) in Room 414. We hope to see you there!

This is an important notice to all students interested in joining junior concert band. Our first rehearsal will be today, Sept 10 at 3pm in the south campus music room. Come out and join us. All are welcome!

The Library is looking for library volunteers. Application forms are available at the library checkout desk. Completed forms are due back Friday September 13th.

A reminder from the Guidance Department: The final day for timetable changes is this Friday September 13th. If you need to make a course change, please make an appointment via the online booking system prior to that day

Are you curious about careers in science and technology? Would you like to meet and ask questions of women currently working in STEM related areas such as IT, engineering, research, data, and biology? Find out about how a career in science can be fun, satisfying and come in many different shapes and forms by attending Sparking Science 2019 at the University of Toronto Scarborough on October 16. Registration packages are now available in your homerooms. Please complete the full registration package and return to the Co-op office in Room 408. Extra registration packages are also available for you to pick up in Room 408. Space is limited so hurry! That's Sparking Science for Grade 9 girls on October 16 at the University of Toronto Scarborough.

September 10, 2019 is World Suicide Prevention Day and S.O.S. is asking everyone to Take 5 to Save Lives!. The goal of the campaign is to encourage everyone to take 5 simple actions steps that focus on preventing the tragedy of suicide. Check out take5tosavelives.org to learn more about the campaign and the 5 action steps you can take and in just 5 minutes! The steps include:

1. **LEARN THE SIGNS.** Although it may not always be obvious, individuals experiencing an emotional crisis usually exhibit one or more of the warning signs of suicide. Your ability to identify the signs will better prepare you to take action and could help save a life.

2. **KNOW HOW TO HELP.** You shouldn't be afraid to ask your friend if they're having thoughts of suicide. By knowing exactly what to say and do, you'll be ready to act and keep your friends and family safe.

3. **PRACTICE SELF-CARE.** Research indicates that our mental fitness or wellness is crucial to our overall long-term health, and can even protect us from disease. Learn some tips for keeping mentally fit. Make it a priority!

1. **REACH OUT.** If you or someone you know is in emotional distress you must reach out for help. You are not alone. Learn about different help options and how to take that first step in seeking help and care.

2. **SPREAD THE WORD.** Let's get people talking! By sharing the Take 5 campaign we can raise awareness of problem of suicide and equip people with easy tools to help themselves and others. Together we can all make a difference!

If you have missed any of these announcements, please check out our website under **Daily Announcements or the twitter feed**. Thanks for listening and have a great day!