



We acknowledge and thank the Coast Salish Nations of Musqueam, Tsleil-Waututh and Squamish on whose traditional territories we teach, learn and live.

Student Bulletin

Date: Wednesday May 24<sup>th</sup> ,2023

Student First Aid: Ami Onda and Julie Ma


NEW

May 31

Ms. Moreno

Students in grade 9-11 who are still interested in traveling to South Korean during Spring Break 2024, come see Ms. Moreno in room 204.

There are a couple of spots left for the discounted price.



NEW

May 26

Mr. Rolph

**Student Council 2023-2024:**

Thank-you to everyone who applied to be on next year's student council. It was a very challenging task with so many exceptional candidates. For those applicants who did not get a position next year, we hope that you will reapply the following year or get involved in your grade councils. We are pleased to announce and introduce your student council for 2023-2024 school year. The list is also published on Mr. Rolph's door in room 213

Executive Positions, Coordinators and Representatives			
<b>Treasurer</b> Amity Dominelli	<b>Secretary Assistant to Secretary</b> Sol Park Carrie Yeo	<b>Events Coordinator(s)</b> Daniel Chen Elvin NG	<b>Social Media Coordinator(s)</b> Alvin (Hungwoo) Park Sarah Leung
<b>Artistic Directors and physical marketing coordinators</b> Nathan Constantine Chantelle Dakis	<b>Spirit Coordinator</b> Juno Ang Marianna Fajardo	<b>Clubs Coordinator</b> Ahrin Oh	<b>Health and Wellness Ambassador</b> Armaan Jangi
<b>Diversity and Inclusivity Ambassador</b> Isaiah Soh	<b>Talent Coordinator(s)</b> Kathy Huang Ida Keita	<b>Technical Director(s)</b> Linus Fong Rex Yuen	<b>ELL/ International Rep</b> Rio Onda
Grade Representatives and Members-at-Large			
<b>Grad Co-Chair(s)</b> Avai Ramesh Morva Zand Abby Kelcec	<b>Grade 11 Representative(s)</b> Anisha Nijjar Janet Zhao	<b>Grade 10 Representative(s)</b> Sally Firoz Anzal Majeed	
<b>Grade 9 Representative(s)</b> Sierra Barnicoat Kayla Thai	<b>Grade 8 Representative(s)</b> TBD	<b>Members-at-large</b> Xeniya Lim Olivia Lee Connor Garland Karis Ng Ruth Jiang	

<div> <div>May 31</div> <div>Mr. Kinoshita</div> </div>	<div> <div>MAY 2023</div> <div>Celebrating Health Month</div> </div>						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	21	22	23	24	25	26	27
	EXERCISE	NO SCHOOL	FACT: Regular exercise is essential for good health: Engaging in regular physical activity can improve cardiovascular health, boost the immune system, and reduce the risk of chronic diseases.	FACT: Exercise can improve mental health: Physical activity can help reduce stress, anxiety, and depression, and improve overall mood and cognitive function.	FACT: Different types of exercise have different benefits: Aerobic exercise can improve cardiovascular health, while strength training can build muscle and improve bone density.	FACT: Exercise can improve brain function: Exercise has been shown to improve cognitive function, memory, and mood by increasing blood flow to the brain.	
	28	29	30	31			
	NATURE	FACT: Nature can promote a sense of well-being and connectedness : Being in nature can promote feelings of calmness, connectedness , and awe, which can improve overall well-being and quality of life.	Exposure to natural light can improve sleep: Exposure to natural light during the day and darkness at night helps regulate the body's circadian rhythm, which can improve sleep quality.	FACT: Being active outdoors can improve physical health: Outdoor activities such as hiking, biking, or gardening can provide exercise and fresh air, which can improve cardiovascular health, strengthen			

SCHOOL GOALS:

Goal 1: To foster an educated, responsible and reflective community of Digitally Literate Citizens.

Goal 2: To increase student awareness, understanding and practice of healthy living.