





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: Monday May 29th ,2023

Student First Aid: Joshua Vandermey and Eduardo Saito

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| <div><div>NEW</div><div>June 7</div><div>Ms.Lim-Gatehouse</div></div> | <div></div> <div>On Wednesday, June 7th BC Breakdance Foundation is coming to Mountain! They will be performing a B-Boy dance. If you are interested, come join us in the lower commons during lunch!</div> |
| <div><div>May 31</div><div>Ms. Moreno</div></div> | <div>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. <i>There are a couple of spots left for the discounted price.</i></div> <div></div> |

| MAY 2023 Celebrating Health Month | | | | | |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
| 28 NATURE | 29 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. | 30 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. | 31 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 muscles, and reduce the risk of chronic diseases. | | |

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.