






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: Tuesday May 30th ,2023

Student First Aid: Joshua Vandermey and Eduardo Saito

		
June 7 Ms.Lim-Gatehouse		On Wednesday, June 7 th 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!
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. <i>There are a couple of spots left for the discounted price.</i> 	

MAY 2023					
Celebrating Health Month					
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.