

We acknowledge that our water is sourced from Shoal Lake 40 First Nation. We are gathered on Treaty one land, les terres sur lesquelles nous sommes rassemblés aujourd'hui font partie du territoire traditionnel des peuples Anishinaabeg, Ininiwak, Anishininiwak, Dakota, et Déné, et de la patrie de la nation métisse de la Rivière Rouge.

We stand with the Indigenous community and commit to building an ongoing process of reconciliation, collaboration, and resurgence. Nous restons déterminés à travailler en partenariat avec les Premières Nations, Inuit et Métisses dans un esprit de vérité, réconciliation et collaboration.

## <u>Tuesday Announcements – May 7</u>

## Day 3

- Today is the second day of Mental Health Awareness week. How do you show the land and nature compassion? This is about more then just reducing, reusing and recycling. Those things are great, but have you paid attention to your relationship to nature and the land before? We are naturally connected to nature, but this relationship can change and we can become disconnected. What is a memory that you have where you remember having a connection with nature? Where were you? How did it make you feel? Take some time today to re-connect with the land or nature and think about that memory after these announcements. Then, try enjoying your lunch outside, smudging, or plan to go to the park after school today. Cultural Credit students can come and gather in the Circle Garden today at lunch for some land-based teaching with Mr. Carson.
- Tomorrow is Unplug and Connect day where you will be asked to try to start developing healthy habits and showing compassion from your brains and nervous systems by reducing your phone/ screen use. You will be challenged to begin your healthy habit by not using your phones during class time.
- Hey Garden City, our 6 on 6 volleyball intramural is starting up. Sign up with 8 to 9 people of your choice. There is a limit of 3 JV or Varsity boys per team and a limit of 3 JV or Varsity girls per team. See the Phys Ed leadership students in the commons from Tuesday May 7th to Friday May 10th to sign up your team. The intramural will start May 17th.

- Thank you to everyone who voted for Garden City Groove in the Foreigner contest. While we had the most votes of any Winnipeg based school, but we ended up coming in second to Steinbach Regional. Thanks for your support, we appreciate it so much.
- All Grade 12 students, make sure to come by the office before May 31st, to verify the spelling of your name for diplomas.