



## KEC STUDENT BULLETIN

Thursday, March 19<sup>th</sup>

DAY 2



### Did you miss your chance to buy Grad Wear in the fall?

Well, good news, the Grad Wear Store is open again until Spring Break!

See the link in TEAMS or on the hallway posters to access the store and make your purchases. The deadline for ordering is Sunday, March 29<sup>th</sup>

See Ms. Guspodarchuk in Room 116 if you have any questions.

### Volunteering Opportunity

Arts & Craft Sale at East End Arena on Sunday, March 22<sup>nd</sup>.

If you are interested in helping with setup, collecting donations, raffle and tickets sales, please see Mr. Yvon-Moreau in the main office to put your contact information forward.

### *How have you been feeling since the time change?*

When the clocks move forward, teenagers often find this to be a challenging time because your natural sleep cycles are inclined to fall asleep later and wake up later. Since teens need about **8 – 10 hours** of uninterrupted sleep each night, even a small shift can affect your alertness, mood, and school performance.

It can take a few weeks for your body to fully adjust to the new schedule, so it's important to establish a consistent sleep routine. Going to bed and waking up at the same time each day will help you adapt more smoothly and ensure that you're a true numeracy ninja, mastering both time and sleep like a pro!

Respect ~ Responsibility ~ Excellence ~ Citizenship ~ Safety