



Citadel Middle School

Monday October 6th

Mental Health Awareness Week is from October 6-11th, THIS WEEK! With World Mental Health Day happening on October 10th. Teachers, you should have a poster to share with your class in your email inbox. Each day this week, we'll try to look at one of the questions. First Question: What's the difference between Mental Health and Mental Illness? Answer: Mental Health is a part of everyone's life. It is the state of your mind and emotions. Mental Illness is regularly feeling distressed and not in control of your life. Hmmm, take a moment to consider that and your own mental health.

Cross Country-A huge congratulations to our cross country runners on a successful first meet at Maple Creek. We ran hard and looked great crossing the finish line! Practice is tomorrow at 3:10 after school. Wear your runners and meet at the playground.

Student Voice-There are many leadership opportunities here at Citadel, and if you haven't found yours, consider joining student voice. We want your input on our school goals, vision, and how things happen here at Citadel. Join us to ask questions and sign up on Tuesday at nut break in room 103.

Yearbook-There is a meeting for the entire yearbook crew Tuesday (October 7) at lunch in Ms. Denholme's room. We need to start making content decisions about the yearbook. See you all there!

Hey yearbook photographers! Ms. Denholme is running camera training sessions at lunch Monday, Thursday and Friday this week. If you have been trained yet, please sign up for one of the sessions this week. See Ms. Denholme Monday at lunch for more details.

Art Journaling starts today! Please meet in the Youth Lounge right after school!

Grade 7 Girls Volleyball we have our first game tomorrow, please be sure to get your permission form into Devon or Mrs. Berner if you haven't already!