



Orillia Secondary School

March 2017



Do you know a Grade 12 student in need of a prom dress? The Prom Blitz Project can help!

The Prom Blitz program, a local organization that provides prom dresses for Grade 12 students, is holding Boutique Days on March Break at the Kozlov Centre in Barrie. Students must make an appointment. Appointments are Thurs. March 16 and Fri. March 17 from 9:30 a.m. to 8 p.m., and Sat. March 18 and Sun. March 19 from 12 to 5 p.m. For more info and to book an appointment, visit: <http://promblitz.com/>. Students must have a valid high school ID in order to receive a dress.

SCDSB Media Fest: What Does Being a Great Canadian Look Like?

Students are invited to submit an entry for the 2017 SCDSB Media Fest. This media festival is open to all Simcoe County District School Board students and can include images, audio and video. For more information, visit www.scdsbmediafest.com. The submission deadline is April 3.

Feel like your teen is always on?

Ever consider how all those minutes your teen spends sitting using electronic devices, watching TV or even playing video games add up every day? By replacing some of their screen time with physical activity, you will be helping them to become healthier, reduce stress and be more likely to feel happier and more confident. Here are some ideas to suggest to your teen:

- organize a pick-up game of baseball, ball hockey or basketball
- check out a local nature trail with friends
- try something new like disc golf!

Set a goal to limit screen time to less than two hours each day.

Information provided by the Simcoe Muskoka District Health Unit



