

September 18 - 22

Monday September 18	Mindful monday
Tuesday September 19	<p>Attention Milliken! Best Buddies' first meeting will be held tomorrow at 11:45am in room 245.</p> <p>From the Music Department: Junior Band rehearses today at 3:45. Please be early to help set up. Concert Choir! Concert Choir! Concert Choir! Our rehearsal this week has been changed to Wednesday at lunch from 12:00 pm until 12:45. We meet in room 111.</p> <p>Join a great cause, earn volunteer hours, and fundraise for a special needs prom. Come out tomorrow to room 245 at LUNCH, and begin a fantastic adventure with Best Buddies.</p> <p>For any junior boys interested in joining the volleyball team, there will be a tryout on Wednesday during lunch.</p> <p>ATTENTION all students interested in joining the Debate Club. That's right - the Debate Club. There will be a short meeting today at lunch at 11:45, in room 231. Everyone is welcome. See you there.</p> <p>Hey everyone, Free the Children Club is having a brief meeting TODAY at 12pm in room 238. Old and New members welcome.</p> <p>If you are curious to find out more about this amazing club, please stop by room 238 at 12pm today.</p> <p>Lights Camera Action! Sorry Behind The Scenes, there will be no meeting today, please pay attention the announcements for further updates.</p> <p>Are you interested in being part of the GSA this year? We discuss matters from gender rights and matters of conformity.</p> <p>Then come to the Drama Room today during lunch for a brief meeting to be part of this amazing club that fosters everyone's unique identity. Or Speak to Ms. Petrou, Mr. Keval, or Ms. Murtha. Be a voice of change rather just staying on the sideline.</p> <p>Cancer society will be holding an exec meeting this thursday at lunch at 11:30 in room 237. See you there!</p> <p>A reminder for any grade 9s interested in running for Grade 9 Rep: There will be a SAC information session today afterschool in room 124</p>

<p>Wednesday September 20</p>	<p>"I'm not a dreamer, and I'm not saying this will initiate any kind of definitive answer or cure to cancer, but I believe in miracles. I have to." Terry Fox</p> <p>Lace up your shoes and get ready for our annual Terry Fox Run next Thursday Sept 28th. All donations can be made to your period 2 teacher starting this Friday. Give a toonie for Terry!!</p> <p>From the Music Department: Senior Band rehearses today at 4:00 pm. Concert Choir! A reminder to choir members, our rehearsal is TODAY at lunch. See you at noon in room 111.</p> <p>Do you aspire to be a culinary whiz in the kitchen? Are you tired of the same tasteless food? Looking for a Health and Wellness SHSM initiative?? Well fret not, Healthy Schools is offering a "Train the Chef" program next Wednesday. If you are interested in leading cooking workshops for our MMHS community and our feeder schools, please get a permission form in the Guidance office. Space is limited so sign up today. Brought to you by Healthy Schools :)</p> <p>Join a great cause, earn volunteer hours, and fundraise for a special needs prom. Come out today to room 245 at LUNCH, and begin a fantastic adventure with Best Buddies.</p> <p>Are your running shoes in need of some love? Is it time to get your heart rate up over the lunch hour? Well, Healthy Schools has a solution. Join us tomorrow at 11:35 for a fun run during the first half of lunch. Take some time to treat your body well and get moving! See you on the Track behind the school tomorrow :)</p> <p>There will be a meeting today at noon for the Drama Club at Milliken in the Drama Room. New members are always welcome to meeting meeting today during lunch. Or speak to Mr. Keval.</p> <p>Announcement from Ms. Imada-Chan (she will make it)</p>
<p>Thursday September 21</p>	<p>From the music department: Any grade nine music students who are interested in applying for Music Council should take an application from the music room.</p> <p>Hey Knights! The Ontario Student Leadership Conference is coming up soon and it's time to get your applications in! OSLC is a 3-day conference that brings together the largest group of today's best speakers to teach, entertain, and inspire teachers and students across Ontario. If you are</p>

	<p>interested in attending, please pick up an application form from room 320. Please return your forms to Ms. J or Mr. Husson by Monday October 2.</p> <p>There will be a mandatory meeting for all SLAM executive members on Tuesday September 26 at 12pm in room 314. See you all there!</p> <p>Just a reminder for grade 9s interested in running for Grade 9 Rep, please submit your applications by tomorrow to either Ms. Wang or Ms. Ramos</p> <p>Good luck!</p> <p>INTRAMURALS! Hey Knights. Mac will be hosting their first Intramural on wednesday sept 27th in the atrium. This months intramural will be musical chairs. So come on out to the atrium and bring your friends as you don't want to miss this opportunity to play musical chairs. See you there!</p>
<p>Friday September 22</p>	