

SHSM Programs	All S.H.S.M. students please listen up. If you still need your Standard First Aid & CPR certifications, please sign up for this training ASAP. The sign-up sheets are on the wall across from the Guidance office. Space is limited, sign-up for your preferred training session today. Sign-up closes on Oct. 19th.
Math	Canadian Senior and Intermediate Math Contest from the University of Waterloo. You have until Thursday 19th at 11:40 am to sign up through school cash online. Cost is \$14 and the contest is written November 15th during periods 1 and 2. Please see Mr Westerhof with any questions. Late sign-ups are not allowed.
Swim Team	Swim team meeting at lunch Thursday Oct 19 in room 203
SHSM Transportation	All students enrolled in the SHSM-Transportation program. A meeting will be taking place on Tuesday October 24th at 10:45am during the lunch period in room 172.
Cross Country Running	Run, Run, Run as fast as you can! Cross country runners are excused from class at 12:20 today for their race in Parry Sound. Runners meet at the flagpole at 12:35.