



**Beaconsfield**  
High School  
INFINITE POSSIBILITIES • INFINITE CHOICE

## **Bison Daily News**

### **February 20, 2024 - Day 2**

**Black History Month:** Today's quote comes from the book "How to be Anti-Racist" by Ibram X. Kendi, an author, professor and the founding director of the Boston University Center for Anti-racist research: "Like fighting an addiction, being an antiracist requires persistent self-awareness, constant self-criticism, and regular self-examination." (Keep until Feb 20)

**Mental Wellness Awareness Day:** There will be a mental wellness booth in the art gallery on Tuesday, February 20th, during both lunches. Come learn more about sound meditation, yoga and how to breathe to calm yourself. (Keep until Feb 20)

**Grade 7 Quebec City Trip:** Please give your forms and cheques to Ms. Hill in A308 or Mr. Pinsky in B106. The first 48 will be considered, then we will go to the waiting list.

**Grade 8 Boston Trip:** Any grade 8's still interested in going on the Boston Trip, please give your forms and deposit to Mr. Stewart, Ms. Bates or Ms. Maalouf by Wednesday at the latest! If you need a new form, they are located outside room B-213.

**GRADS OF 2024:** The Yearbook Committee has sent out a google form and 2 reminders for you to submit baby photos for your grad yearbook. Please take a few minutes to find a photo of your early years and submit it asap.

**Library Learning Commons:** Our LLC will be open only for senior lunch on Wednesday, February 21st.

**Francisation** will take place today and tomorrow in the Library after school.



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## **SPORTS**

**Field lacrosse:** The first try out for the field lacrosse team will be held this Friday in the F gym from 3:45-5:15. Open to all grades, no experience necessary. You must have a helmet and gloves for tryouts, hockey gloves and helmet are fine. **DO NOT SHOW UP WITHOUT A HELMET AND GLOVES.** We have sticks to lend for the tryouts. Sign up sheet is posted on the board outside of the A gym. See Mr. Legault in B105 if you have any questions. **(Please read until Friday Feb. 23rd.)**

**Rugby:** Would you like to learn to play rugby? Are you ready to start training for the upcoming season? Please sign up on the board outside the A Gym. Everyone is welcome: all grades are included! You will need shorts, t-shirt, running shoes and a water bottle. We will begin March 15th in the F-Gym at 3:45 if we get enough participants.

**The Snow Ball** is this Friday! Buy your tickets in the caf during both lunches.

**Please note that the Bison News is available on the BHS website, through your homeroom teacher on Google, and on YouTube.**