

Listen up Tritons! Do you like sports? Do you want to play in a fun-filled league here at Nantyr? Well, you're in luck! Intramurals are coming this May! We are running 2 different sport leagues throughout the month that's available for you to choose from. Sign ups will start TODAY at lunch, where you will have the choices between Basketball on Tuesdays, and volleyball on Thursdays! That's right, sign up for intramurals starting TODAY at lunch in the main hall!

Sign up as an individual player or as a full team! Individuals pay \$2 or a full team of 6 pay \$10. If you love team games and sports, then intramurals is the place for you! Don't miss out on this opportunity to be active at lunch for the month of May!!

There will be a Co-Ed Volleyball team practice on Thursday at lunch in the gym. All students that signed up are asked to please do their best to get to the gym quickly to help set up the nets for practice.

There will be an Ecos meeting at lunch in portable 4. *(Read twice)*

Mark your calendars for a special opportunity to discover Innisfil's Teen Nights! Checkout the Innisfil Teen Nights Open House events and see firsthand what these awesome programs have to offer.

During the Open House events all ages are invited to drop by from 5pm to 7:30pm on the following days:

- Wednesday, May 1st at the Innisfil YMCA
- Friday, May 3rd at ideaLAB & Library, Lakeshore Branch
- Monday, May 6th at Morgan Russell Memorial Arena in Lefroy

Expect fun activities like Nintendo Switch, photobooth, board games, snacks, and more!

Find out all about Teen Nights at [Innisfil.ca/Teen Nights](https://Innisfil.ca/TeenNights).

Attention all Health & Wellness SHSM students. You are reminded to please complete the forms on School Cash Online for the Oxygen Yoga & Fitness field trip happening next Tuesday April 30th. Any questions, please see Thomson or Potts. Don't miss out on this field trip!

It's that time of year again! Time to apply for next year's LINK CREW TEAM! Are you in Grade 10 or 11 this year? Do you want to be part of a fantastic group of individuals who want to keep Nantyr amazing? Do you have a warm and welcoming way about you? Do you remember your grade 9 orientation and the fun you had and want to be a part of it? Well, here is your chance to help shape Nantyr's future! Make sure to check your school email for details on how to apply! Don't miss your chance to make a difference!