

Morning Announcements for grades 7 to 12

[Announcement Crew Schedule](#)

Announcement Crew: *Good morning Bearcats. Please stand if you are able for the Land Acknowledgement and the National Anthem.*

[Land Acknowledgement](#)

Monday: [Bilingual Version National Anthem](#)

Tuesday: [French National Anthem](#)

Wednesday: The Acton District Choir [National Anthem](#)

Thursday: [Rock Version National Anthem](#) (END at 1:20)

Friday: [Walk Off the Earth National Anthem](#)

Please keep announcements brief, as there is a limited amount of time to present them.

First Date to be read	Last date To be read	Whose Announcement ?	Announcement:
Morning Music as determined by Student/Staff Choice: December Music - Clean Playlist			
Nov 27	Dec 5	Ross	Do you sing? Do you dance? Tell Jokes? Do something else fantastic? The Holiday Talent Show is coming! Auditions are Tuesday and Wednesday next week. Sign up at the Arts office today! If you have a question, see Ms. Ross.
Nov25	Dec 3	Ross	Auditions for the school play The Tempest start today. Sign up at the Drama Room. Come be part of the magic!! If you have a question, see Ms. Ross.
	Dec 5	Brown	The following is a volunteer opportunity for anyone in grades 7 to 12. Volunteer hours available. 4 to 5 reliable student volunteers are needed to assist with the annual

			Breakfast with Santa event at the Acton Legion. • When: Saturday, December 13th. • Time: The event runs from 7:00 AM to 12:00 PM. Volunteers will be helping children with fun activities like cookie decorating and holiday crafts. AND one student who has experience or an interest in face painting! Sign up on the white board in Guidance as soon as possible to sign up.
Dec 2	Dec 2	Flynn	Equity Club is cancelled for tonight. Please check your email for updates.
Dec 2	Dec 2	Flynn	Please excuse the Junior Girls Volleyball team at 2:45pm.
Dec. 2	Dec. 4	Anceriz	Attention Secondary students! Semiformal is this Thursday Dec. 4th. Those tickets purchased through School Cash online will be available for pickup outside the Bearpit on periods 1,2,3,4 on Wednesday and Thursday.

PLEASE DO NOT WRITE PAST THIS POINT.

Announcement Crew: And now for a quote of the day: In the words of Canadian author and philosopher Matshona Dhliwayo, "A garden's beauty never lies in one flower."

Announcement Crew: *That's all for your morning announcements. Have a terrific Tuesday Bearcats!*

EQUITY TEAM - [Days of Significance Calendar](#)

For Special Events (Orange Shirt Day etc.)

Motivational Quotes of the Day:

In the words of A. A. Milne, "You are braver than you believe, stronger than you seem, and smarter than you think."

In the words of Mary Anne Radmacher, "Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow."

In the words of George Augustus Moore, "A winner is a loser who tried just one more time."

In the words of historian and professor of history Kevin Kruse, "Life is about making an impact, not an income"

In the words of author Napoleon Hill "Whatever the mind of man can conceive and believe, it can achieve."

In the words of Albert Einstein, "Look deep into nature, and then you will understand everything better."

In the words of Dr. Seuss, "You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose."

In the words of Xiye Bastida, a Mexican Climate Activist, "A vibrant, fair, and regenerative future is possible — not when thousands of people do climate justice activism perfectly but when millions of people do the best they can."

In the words of Florence Nightingale, "I attribute my success to this: I never gave or took any excuse."

"In the words of Bill Nye, the science guy, "To leave the world better than you found it, sometimes you have to pick up other people's

trash.”

In the words of Wayne Gretzky, “You miss 100% of the shots you don’t take.”

In the words of Mother Teresa, “Spread love everywhere you go. Let no one ever come without leaving happier.”

In the words of Alice Walker, “The most common way people give up their power is by thinking they don’t have any.”

In the words of Mark Twain, “Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do, so throw off the bowlines, sail away from the safe harbor, catch the trade winds in your sails. Explore, Dream, Discover.”

In the words of Xiye Bastida, “We are on Earth to take care of life. We are on Earth to take care of each other.”

In the words of Steve Jobs, “Your time is limited, so don’t waste it living someone else’s life.”

In the words of Maya Angelou, “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

In the words of Oprah Winfrey, “Be thankful for what you have and you’ll end up having more. If you concentrate on what you don’t have, you will never ever have enough.”

In the words of Robert Swan, “The greatest threat to our planet is the belief that someone else will save it.”

In the words of philosopher Ralph Waldo Emerson, “The only person you are destined to become is the person you decide to be.”

In the words of Barack Obama, “We are the first generation to feel the impact of climate change and the last generation that can do something about it.”

In the words of Dwayne “The Rock” Johnson, “One of the most important things you can realise about depression is that you’re not alone. You’re not the first to go through it, you’re not gonna be the

last to go through it,”

In the words of British Broadcaster and Biologist David Attenborough, “An understanding of the natural world and what’s in it is a source of not only a great curiosity but great fulfilment.”

And now for an Indigenous PROVERB, “Look after the land and the land will look after you, destroy the land and it will destroy you.”

In the words of Fred Rogers, “Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.”

In the words of political scientist Madeline Albright, “Strong women build each other up, not tear each other down.”

In the words of author John Green, ““There is always hope, even when your brain tells you there isn’t.”

In the words of Albert Einstein, “Strive not to be a success, but rather to be of value.”

In the words of Albus Dumbledore from Harry Potter and the Prisoner of Azkaban, “Happiness can be found even in the darkest of times, if one only remembers to turn on the light.”

In the words of author Stephen R. Covey, "Strength lies in differences, not in similarities."

In the words of Erik Erikson, famous psychoanalyst, “Life doesn’t make any sense without interdependence. We need each other, and the sooner we learn that, the better for us all.”

In the words of Joubert Botha, “Sometimes the people around you won’t understand your journey. They don’t need to, it’s not for them.”

In the words of author Lori Deschene, “You don’t have to be positive all the time. It’s perfectly okay to feel sad, angry, annoyed, frustrated, scared and anxious. Having feelings doesn’t make you a negative person. It makes you human.”

In the words of James D Wilson, "Diversity in all its forms is the path to greatness."

In the words of Thomas A. Edison, "Many of life's failures are people who did not realize how close they were to success when they gave up."

In the words of baseball legend Babe Ruth, "Never let the fear of striking out keep you from playing the game."

In the words of legendary baseball pitcher Bullet Bob Feller, "Every day is a new opportunity. You can build on yesterday's success or put its failures behind and start over again. That's the way life is, with a new game every day, and that's the way baseball is."

In the words of philosopher Ralph Waldo Emerson, "The greatest glory in living lies not in never FALLING, but in rising every time we fall."

In the words of Ashton Kutcher, "Don't settle for what life gives you; make life better and build something."

In the words of Albert Einstein, "If you want to live a happy life, tie it to a goal, not to people or things."

In the words of Karen Draper,
"Diversity doesn't look like anyone. It looks like everyone."

In the words of A.A. Milne, Winnie the Pooh, "You're braver than you believe, stronger than you seem, and smarter than you think."

In the words of Justin Jones-Fosu, "Real diversity and inclusion doesn't mean that we will always agree. It means that even when we disagree, we can still respect each other."

In the words of author and motivational speaker Zig Ziglar, "You don't have to be great to start, but you have to start to be great."

In the words of Canadian author and philosopher Matshona Dhliwayo, "A garden's beauty never lies in one flower."

In the words of George Bernard Shaw, "Life isn't about finding yourself. Life is about creating yourself."

In the words of Catherine Pulsifer, "We are all different, which is great because we are all unique. Without diversity, life would be very boring."

In the words of Michael Jordan, "I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

In the words of Sun Tzu from the text, "The Art of War", "There are not more than five musical notes, yet the combinations of these five give rise to more melodies than can ever be heard. There are not more than five primary colors, yet in combination they produce more hues than can ever been seen. There are not more than five cardinal tastes, yet combinations of them yield more flavors than can ever be tasted."

In the words of Dolly Parton, "If you don't like the road you're walking, start paving another one."

In the words of Will Rogers, "Don't let yesterday take up too much of today."

In the words of Dr. Seuss, "You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own, and you know what you know. And you are the guy who'll decide where to go."

In the words of Audre Lorde, "It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences."

In the words of Reba McEntire, "To succeed in life, you need three things: a wishbone, a backbone, and a funny bone."

In the words of Vivian Greene, "Life isn't about waiting for the storm to pass, it's about learning to dance in the rain."

In the words of Karon Waddell, "You are never too old to start over."

Every day is a chance to make changes to create the life we want."

In the words of Germany Kent, "Never underestimate the power you have to take your life in a new direction."

In the words of J. P. Morgan, "The first step towards getting somewhere is to decide you're not going to stay where you are."

In the words of Dr. Seuss, "You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose."

In the words of Jesse Jackson, "When everyone is included, everyone wins."

In the words of Dolly Parton, "The way I see it, if you want the rainbow, you gotta put up with the rain."

Artist Mariam Kaba asks from "We Do This 'Til We Free Us", "Why be a star when you can make a constellation?"

In the words of Ian MacLaren, "Be kind. Everyone you meet is fighting a hard battle."

In the words of Dr. Seuss, "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."

In the words of Aristotle, "Good habits formed in youth make all the difference."

In the words of Dr. Seuss, "Today was good. Today was fun. Tomorrow is another one."

In the words of Ruth Bader Ginsburg, "We will all profit from a more diverse, inclusive society, understanding, accommodating, even celebrating our differences, while pulling together for the common good."

In the words of Tony Robbins, "Stop being afraid of what could go wrong, and start being excited about what could go right."

In the words of Carl Bard, Pulitzer Prize Winning Author, "Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

DAYS of SIGNIFICANCE

ORANGE SHIRT DAY: When speaking about TRUTH and RECONCILIATION, Justice Murray Sinclair said, "Education is what got us here, and education is what will get us out."

HALLOWEEN: "True friends are like pumpkins in a patch – rare, bright, and one of a kind."

INTERNATIONAL INUIT DAY: In the words of an Inuit proverb, "I will love the light for it shows me the way, yet I will endure the darkness because it shows me the stars."

REMEMBRANCE DAY: "Pause. Reflect. Remember. They gave up their tomorrow so that we could have today"

WORLD KINDNESS DAY: In the words of historical Greek storyteller Aesop, "no act of kindness, no matter how small, is ever wasted."

XMAS holidays: In the words of W. C. Jones, "The Joy of brightening other lives, bearing each others' burdens, easing each other's loads, and filling empty hearts and lives with generous gifts becomes for us the magic of the holidays."

For a New Year: In the words of Neil Gaiman, "I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something."

EXAM PREP: In the words of Winston Churchill, "Success is not final, failure is not fatal: it is the **courage to continue** that counts."

Black History Month:

In the words of the Buddha, "No matter how hard the past, you can always begin again."

In the words of Martin Luther King Jr., "Take the first step in faith. You don't have to see the whole staircase, just take the first step."

In the words of Harriet Tubman, "Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

In the words of Wilma Rudolph, an Olympic track and field athlete, "Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us."

In the words of Michael Jordan, former professional basketball player, "Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

In the words of Alice Walker, novelist and social activist, "The most common way people give up their power is by thinking they don't have any."

In the words of Dr. Martin Luther King, Jr., "Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that."

In the words of Barack Obama, former U.S. president, "Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."

In the words of Maya Angelou, a writer and civil rights activist, "Won't it be wonderful when Black history and Native American history and Jewish history and all of U.S. history is taught from one book. Just U.S. history."

"Red Dress Day:

And now for a quote for National Day of Awareness for Missing and Murdered Indigenous Women, Girls, and Indigenous members of the 2S&LGBT+ Community: In the words of Ojibwe Elder, Art Solomon, "The woman is the foundation on which Nations are built. She is the heart of her Nation. If that heart is weak, the people are weak. If her

heart is strong and her mind is clear, then the Nation is strong and knows its purpose. The woman is the centre of everything.”

Easter and Passover:

In the words of William Shakespeare, “Small cheer and great welcome makes a merry feast.”

Earth Day

In the words of Joshua Becker, “The most environmentally friendly product is the one you didn’t buy.”

Transgender Day of Visibility and/or Day Against Transphobia etc.

In the words of Laverne Cox, actress and 2S&LGBTQ+ advocate, “It is revolutionary for any trans person to choose to be seen and visible in a world that tells us we should not exist.”

In the words of Sir Ian McKellan, “Personally, coming out was one of the most important things I’ve ever done, lifting from my shoulders the millstone of lies that I hadn’t even realized I was carrying.”

In the words of Jazz Jennings, “Being transgender is not just a medical transition. It’s discovering who you are, living your life authentically, loving yourself, and spreading that love towards other people and accepting one another, no matter the difference.”

In the words of actor and activist, Emma Watson, “It is time that we all see gender as a spectrum instead of two sets of opposing ideals.”

In the words of Alok Vaid-Menon, a non-conforming writer, performance artist, and media personality, “Gender is not what people look like to other people; it is what we know ourselves to be. No one else should be able to tell you who you are; that’s for you to decide...Man and woman are two of many – stars in a constellation that do not compete but amplify one another’s shine.”

In the words of Kamala Harris, “Being an ally can’t just be about nodding when someone says something we agree with – important as that is. It must also be about action. It’s our job to stand up for those who are not at the table when life-altering decisions are made.”

In the words of politician Taylor Small, “For a lot of my life, I was judged for my gender representation or my sexual orientation, or what people assumed of me; and every single time my goal has been to combat that and to show my greatness.”

In the words of Canadian actor Elliot Page, “I love that I am trans. And I love that I am queer. And the more I hold myself close and fully embrace who I am, the more I dream, the more my heart grows and the more I thrive.”

Pride Month:

In the words of comedian Margaret Cho, “If public figures came out of the closet, then the LGBT kids who saw them on TV would feel safe before they even knew why they felt dangerous. Maybe if enough people came out of the closet, gay kids would never feel dangerous. Maybe we could have a world where we could all just live. We may not all agree, but why can’t we just all live?”

In the words of author Alice Walker, “No person is your friend who demands your silence, or denies your right to grow.”

In the words of Garth Brooks, “When we’re free to love anyone we choose, when this world’s big enough for all different views, when we all can worship from our own kind of pew – then, we shall be free.”

In the words of actress Gabrielle Union, “We need to own that if you truly are taking stands against hate and oppression, you should not fund hate and oppression. Period.”

In the words of Elliot Page, “We deserve to experience love fully, equally, without shame, and without compromise.”

In the words of Lady Gaga, “Do not allow people to dim your shine because they are blinded. Tell them to put on some sunglasses, because we were born this way.”

In the words of Chris Colfer, “There’s nothing wrong with you. There’s a lot wrong with the world you live in.”

In the words of Zachary Quinto, “Our society needs to recognize the unstoppable momentum toward unequivocal civil equality for every gay, lesbian, bisexual and transgender citizen of this country.”

In the words of former professional bodybuilder and actor, Bob Paris, "Every gay and lesbian person who has been lucky enough to survive the turmoil of growing up is a survivor. Survivors always have an obligation to those who will face the same challenges."

In the words of professional soccer player, Megan Rapineau, "Putting yourself out there is hard, but it's so worth it. I don't think anyone who has ever spoken out, or stood up or had a brave moment, has regretted it. It's empowering and confidence-building and inspiring. Not only to other people, but to yourself."

In the words of fashion designer Tan France, "There's no right or wrong way to be gay. No right or wrong way to come out. It's your journey, do it the way you wanna do it."