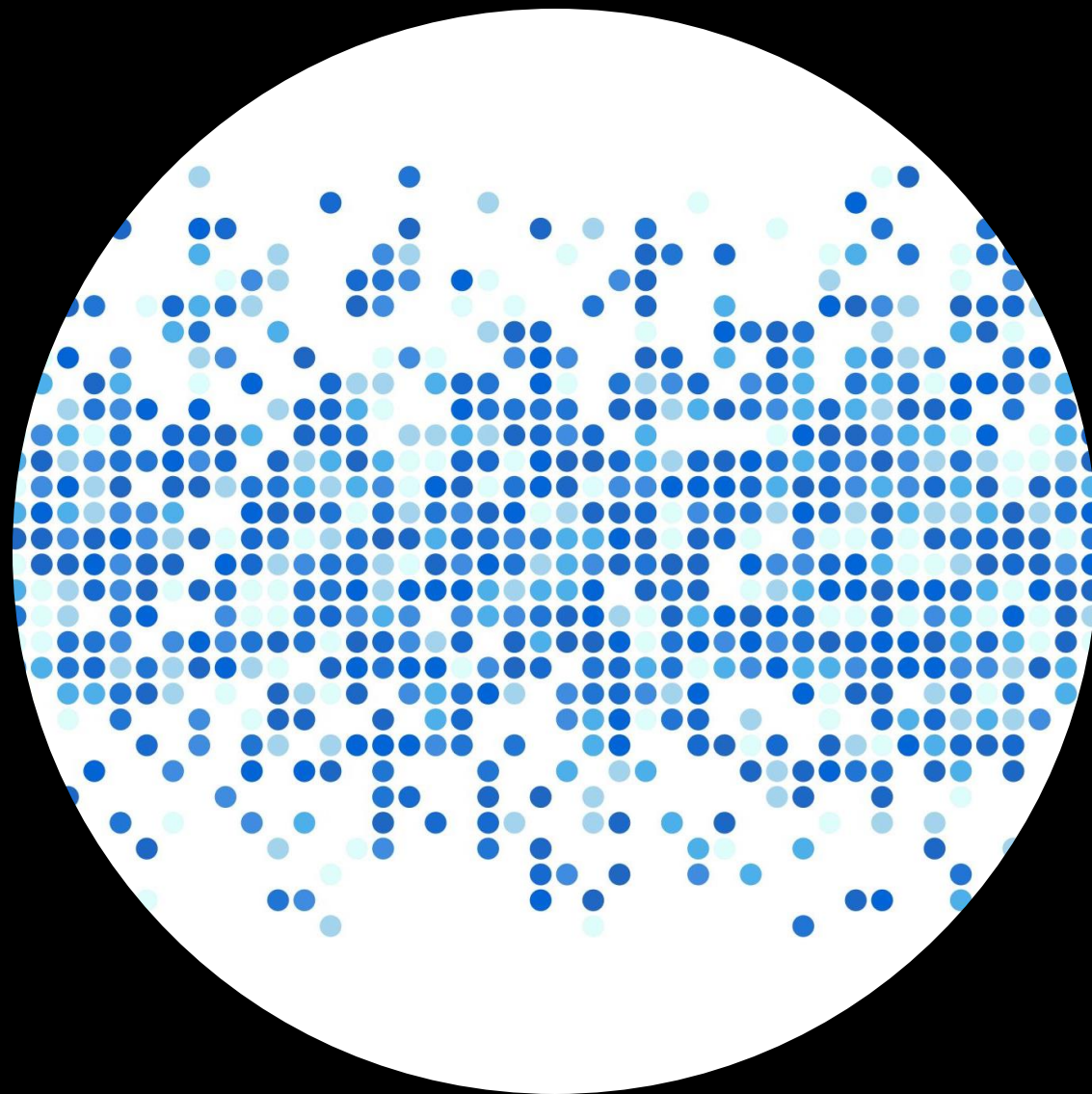


# KEEPING A SCHEDULE

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& why you really want to do it.



YOU ARE A VERY  
BUSY PERSON,  
YES?



**YOU HAVE A SCHOOL LIFE AND A PERSONAL  
LIFE TO BALANCE, AND THAT'S A LOT!**



SO IF YOU WANT TO  
HAVE IT ALL, YOU  
NEED TO HAVE A  
SCHEDULE

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## WITHOUT A SCHEDULE?

You have way too much to keep track of and something is going to get lost or forgotten or you are going to get overwhelmed or stressed out! It's way too much to remember and that's how missed assignments and working all night and missing out on things that matter to you happens!



# THAT'S WHY WE PROVIDE YOU WITH A SCHOOL AGENDA!

It is a little book with a big impact because it lets you keep track of your life – all of it. Not just school!



-It has a large monthly calendar to record assignments and things.



It is lined to keep your record clear and organized.



It has school info like schedules, holidays, etc. to help you plan



# THIS HELPS YOU MAKE TIME FOR EVERYTHING

Yes, it is meant to help you keep track of assignments, but if you block in classes, homework, due dates, you can also use it to plan YOU TIME! A schedule means you make sure you have a plan to have school work, extracurriculars and personal time.





THE YEAR AT A GLANCE HELPS YOU SEE  
THE FLOW OF THE YEAR AND GET A  
PICTURE OF WHERE YOU ARE AT AND  
HOW MUCH TIME IS LEFT.

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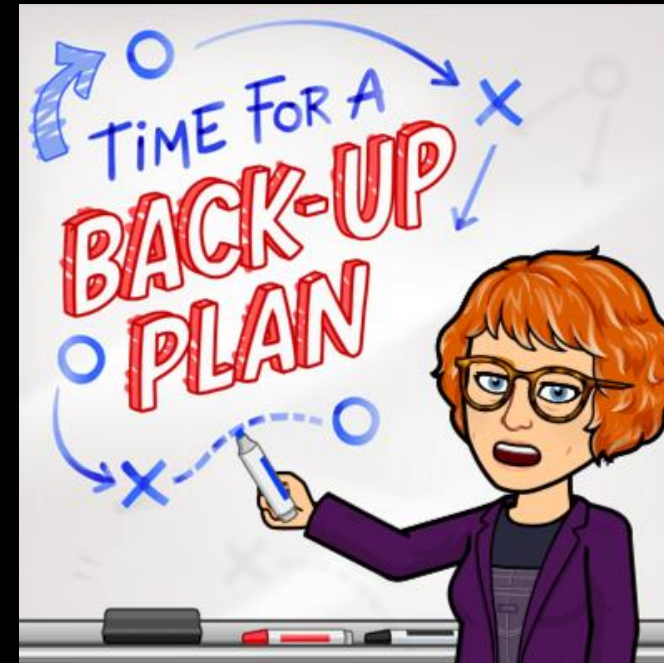


# THE MONTHLY CALENDAR IS AN OVERVIEW

IT LETS YOU SEE WHAT YOUR MONTH HAS IN STORE AND PLAN ACCORDINGLY!

THIS LETS YOUR MAKE CHANGES AS NEEDED, AND AVOID STRESS

4 Labour Day (School Closed)	5 Welcome Back  School Opening Grade Assemblies and homerooms Grade 9/10 – 10:00am Grade 11/12 – 11:30am Grade 8 – 1:00pm	6 ABCD Regular classes begin
		Grade 8 Activity Week (Sept 6 - 8)
11 ABCD	12 PLT ABCD	13 BADC
Photo Day		





**NOT PLANNING LEADS  
TO STRESS,  
EXHAUSTION AND  
ANXIETY ... NOT FUN!**

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# GOOD WEEK!



SO WE'RE GOING  
TO TEACH YOU HOW  
TO PLAN!

And we're going to check in on you and try to help you keep up with your planning so that you can stay as happy, healthy and on top of things as possible this year!