

# What's Up @



Check out these great articles:

**Smartphone addiction creates chemical imbalances in brain | CTV News**

<https://www.ctvnews.ca/health/smartphone-addiction-creates-chemical-imbalances-in-brain-1.3700931>

**Teenagers' sleep quality and mental health at risk over late-night mobile phone use | Life and style | The Guardian**

<https://www.theguardian.com/lifeandstyle/2017/may/30/teenagers-sleep-quality-and-mental-health-at-risk-over-late-night-mobile-phone-use>

## **AVENGER CLOTHING**

Check out the new Avenger Basketball & Property of Avenger Athletics t-shirts.

We also have Avenger t-shirts, sweats, and toques in stock.

Quantities are limited.  
Get yours today!!



## **MONDAY, JANUARY 15**

7:00 a.m.  
3:30 p.m.

Sr. Girls Basketball Practice  
Sr. Boys Basketball Practice  
Jr. Girls Basketball @ Cudworth

## **TUESDAY, JANUARY 16**

PM  
3:30-4:30 p.m.

### **“Social Media Awareness & Digital Citizenship”**

Presented by Mr. Crandall Hrykniw, Superintendent of Learning Services-Horizon School Division  
Student presentations (Grades 9-12)

**Parent / public presentation.  
Everyone is encouraged to attend!**

7:00 a.m.

Jr. Girls Basketball Practice  
Jr. Boys Basketball vs St. Augustine

## **WEDNESDAY, JANUARY 17**

7:00 a.m.  
3:30 p.m.  
4:45 p.m.

Sr. Girls Basketball Practice  
Co-ed 4/5/6 Basketball Practice  
Sr. Boys Basketball Practice

## **THURSDAY, JANUARY 18**

3:30 p.m.  
7:00 p.m.

Jr. Boys Basketball Practice  
Curling Practice @ Cudworth

## **FRIDAY, JANUARY 19 (& Saturday)**

Sr. Girls Basketball @ Moose Jaw Tournament  
Sr. Boys Basketball @ Asquith Tournament