



connectquest.ca

School Announcements



Sample Ready-to-read announcements for morning PA, slides, or newsletters

- Students, welcome to [Connect Quest](#)! Try fun activities that help you connect with yourself, friends, school, community—and even the land. Join a Quest this week!
- Today's myth vs. fact: "Most students don't feel connected at school." Fact: Many do—and you can build even more connection by joining a club, saying hi, or trying a Quest challenge.
- Connection is a superpower! It helps you feel ready to make healthy choices about substances and screen time. Pick a [Connect Quest activity](#) and see how small actions add up.
- Choose your own adventure: explore substance use health and balanced device use with quick, creative activities. Look for the [Connect Quest](#) poster and get started today.
- Balance your screens! Ask yourself: Why am I using this device right now? Try a short break, then reconnect with a friend, a game, or the outdoors. Check out [Connect Quest](#) for tips.
- Student leaders are launching a week-long [Connect Quest](#) with daily challenges—join in, earn shout-outs, and help our school spread positive messages of connection.
- Did you know? Strong connections with classmates and trusted adults help you feel confident and make healthier choices. Try one new way to connect today—then share it!
- You don't need to be online to stay connected. Find balance by making time for friends, family, activities, and the spaces around you. See [Connect Quest](#) for ideas you can try now.
- Quick challenge: smile or say hello to three people today, then pick one [Connect Quest](#) activity to keep the connection going. Small steps, big impact!
- Ready to start your quest? Visit the [Connect Quest](#) site (ask your teacher for the link), watch for posters, and join the next challenge. Let's build a kinder, more connected school!



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

[Connect Quest](#) is all about building strong connections with yourself, others, and the world around you. When you feel connected, it's easier to make mindful choices about substances and device use.