



**Bell Let's Talk Day is January 24th** and Nantyr Shores will be joining in to help create real change in mental health.

When it comes to mental health, it's important to support ourselves and each other. There are many actions big and small that we can do to improve our own mental health and the lives of people living with mental health issues. Stay tuned to the announcements for a new action *each day* leading up to Bell Let's Talk Day.

Remember that our teachers, counsellors and principals are here to listen and provide you with support!

**Attention Tritons!** It's that time of year again! This is a week to beat those January Blues! Starting today we are going to play "I SPY...Track a Triton"...how do you play? It's simple! Go to the Leadership Board in the main hall and take a look at the pictures of the Tritons you are going to track! When you find one of the Tritons, then you get a sweet treat!

Also in the main hall, come listen to some music and make your mark on the Post-it Positivity board! Leave a message...or take a message or hey do both! The choice is yours!

**Congratulations to the ski team** for their excellent showing yesterday in Collingwood at the Alpine Ski Club. All racers competed well in their categories. Special shout-outs go to Oliver Booth finishing 4th, Gabby Stewart for her top 5 finish, and Aleksey Razumov for placing 13th.

**To All Grade 9 Students**, whether you are taking Math in Semester 1 or 2, you are invited to participate in the University of Waterloo's Pascal Math Contest on Wednesday February 28. Please see Mr. Nomura in Rm229 during lunch hour for more information.

**Are you a Grade 11 or 12 student** looking to make a difference in the lives of millions of Canadians in need? Join our blood drive this Friday! Your participation in this event is important for our community. Just one donation can save up to three lives.

Please see Ms. Marshall during lunch in room 310 to sign up and complete our registration form.

**If any students are interested** in going to Europe next March Break (2025). We will tour the Netherlands (Amsterdam), Belgium and France including Paris. There will be a meeting on Thursday at lunch in room 317. There will be a Parent's Meeting the following Thursday, March 25<sup>th</sup> at 6:30 pm in the library. If you have any questions, please see Mr. Froese in room 317.