

Bell Let's Talk Day is January 24!

We're sharing actions that we can all do to help create real change and improve our own mental health and the lives of people struggling with mental health issues. Today's action is **helping a friend struggling with mental health issues by learning ways to support them.**

Sometimes friends might not feel well enough to speak up for themselves. You can help by offering support, going with them to the guidance counsellor, student success teacher, or the school social worker, encouraging them to call Kids Help Phone, or by simply listening.

If you want to learn more about how to support someone who is struggling with their mental health, a great resource is **Be There** from Jack.org. Visit www.bethere.org to learn more.

Attention Tritons! It's that time of year again! This a 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!

Attention grade 11 and 12 French students. This is a reminder that there will be a DELF club meeting in 210 at lunch today. Please see Mme Lewis or Mme Hutchings if you have any questions.

Attention all book club members. Read your books this weekend! We will be meeting to talk about our books Thursday, January 25th.

Poetry club will be meeting at lunch today in room 304 (say twice)

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 Parent's Meeting on the Thursday, March 25th at 6:30 pm in the library. If you have any questions, please see Mr. Froese in room 317.