

**On Bell Let's Talk Day, January 24,** Nantyr Shores will be joining in to help create real change for mental health.

This morning we're sharing another action we can all take to help create real change. **Nurturing your own well-being by practicing and learning mental health strategies:** listen to your mind and body; ask for help and take some time if you are struggling or feeling overwhelmed. You might take a walk, reach out to a friend, or talk to a teacher. Remember it's okay to not be okay.

If you find yourself needing someone to talk to, please stop by at guidance and they can find someone you can talk to and get support from. If you need someone to talk to and you are not at school, you can text or call Kids Help Phone 24/7, no matter what you are going through Kids Help Phone can support you.

**Today after over 500 years of waiting,** the Lord Ram temple is reopening in India. This is the birth location of Shree Ram and connected the festival Diwali. It's a much cherished and auspicious day. Some Canadian cities, such as Brampton, have declared today as Ayodhya Ram Mandir day.

**A reminder to all** Junior and Senior Basketball players to meet at the front of the school at the start of lunch for their game today at Banting.

The bus leaves at 11:30am sharp. Please see your coaches if you have any questions.

**There will be an important** Girls Hockey meeting today at the beginning of lunch in the gym. That's all-girls hockey players, please come to the far gym for a brief meeting at the start of lunch today.

**All wrestling team members** plan on attending this Wednesdays meet make sure you are at practice so we can weigh in. If you have any questions, see Mr. Henderson.