

Bell Let's Talk Day is January 24, only 1 day away. Let's all take action to create real change in mental health.

Today's action that helps create change is to **engage in conversations about mental health to fight stigma**. We all have mental health, just like we all have physical health.

Treating mental health issues just like you would treat someone with a broken arm helps reduce the stigma so that more people feel comfortable asking for help. It is important to know that people with mental health issues can and do recover.

If you think that you or a friend might be having a mental health issue, please reach out to your teacher, guidance counsellor, school social worker, or principal. They're here to listen.

A reminder that Nantyr Shores is a scent free environment. Please consider the people in the building who have sensitivities and/or allergies to scents. Choose to wear scent free alternatives when possible.

The boys curling team continued their undefeated season last night with an 11-3 win over Banting. A very strong finish in the 4th and 5th ends helped to secure the win in what was an otherwise close match.

The team will look to complete their undefeated season on Feb 6th with their final home game at the Curling Club in Stroud, spectators are welcome!

Attention Book Club: Please read your books over the next couple of weeks and we will meet Thursday February 8th at lunch in the library to discuss our books.

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.