



## IMPORTANT DATES

FEB 6	100TH DAY OF SCHOOL!
FEB 12	REPORT CARDS (K-12)
FEB 14	SCHOOL SPIRIT—WEAR RED/PINK
FEB 19	FAMILY DAY—NO SCHOOL

## OUTERS SCHEDULE

FEB 21-22	OVERNIGHT CAMP #1
FEB 29—MAR 1	OVERNIGHT CAMP #2

## ATHLETICS SCHEDULE

FEB 1	STA @ NLS
FEB 5	NLS @ RL
FEB 6	NLS @ STA
FEB 7	X-COUNTRY SKI NorWOSSA (RED LAKE)
FEB 11-12	NorWOSSA Curling (FORT FRANCES)
FEB 13	X-COUNTRY SKI NWOSSA (ATIKOKAN)
FEB 14-15	COURT SPORTS NorWOSSA
FEB 22-23	COURT SPORTS NWOSSA

## GUIDANCE

FEB 1	COLLEGE APPLICATIONS DUE
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Every February 15, we celebrate across the country. 2023 marks 58 years since Canada's red and white maple leaf flag was selected as the National Flag of Canada. Our national flag is a symbol that unites Canadians and reflects the common values we take pride in — equality, freedom and inclusion.

Visit:

<https://www.canada.ca/en/canadian-heritage/campaigns/national-flag-canada-day.html>

to learn more about our National Flag.

On February 15, let's celebrate the Canadian Flag!

SCS: SOCIAL MEDIA COVERS



## February 15

On February 15, 1965 our national flag was raised for the first time on Parliament Hill. Every year since 1996, when Parliament declared February 15th as National Flag of Canada Day, we celebrate our beautiful flag.

## National Flag of Canada Day!

Did you know — National Flag of Canada Day

- National Flag of Canada Day was officially proclaimed on February 15, 1996
- Canada is the only country with a maple leaf on its flag.
- The maple leaf has been used historically as a decorative and ornamental symbol in Canadian art, medals, badges, and coat of arms. It has often served to distinguish Canadians abroad.
- The stylized maple leaf on the flag has eleven points.
- Red and white are the national colors of Canada.
- The Canadian flag is twice as long as it is wide. The white square and its maple leaf make up half the surface of the flag equal to the two red bars combined.
- Vexillologists (flag experts) often cite the National Flag of Canada as one of the world's most beautiful based on its compelling design and measured use of colour.
- Every province and territory in Canada has its own flag. The one symbol that represents us all at home and abroad is the red and white National Flag of Canada.



Are you having trouble remembering to bring your Chromebook to school after bringing it home to charge? Here are some tips to help:

**\*\* Make it a habit to put your backpack near your device while it is charging.**

**\*\* Charge your cell phone near your Chromebook before heading to bed.**

**\*\*Put your Smartphone to good use by creating a daily reminder that notifies you about 10-15 minutes before you usually head to school.**

It is important to remember to bring your Chromebook everyday, with a full charge!  
The school has a very limited supply of extras.

Principal: Mrs. Carly Skrenski

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Acting Vice-Principal: Mrs. Dawn Masson

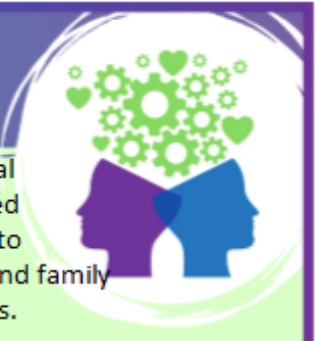
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# Mental Health Memo

## Supporting Your Child with Traumatic Events



Every year, children and adolescents experience and/or witness traumatic events such as natural disasters, serious accidents, acts of violence, and other threats. Family, friends, and other trusted adults play an essential role in helping youth cope with these experiences. How adults respond to trauma can strongly influence how children and adolescents react to trauma. When caregivers and family members take steps to support their own ability to cope, they can provide better care for others.

While it is typical for children and adolescents to have different reactions to traumatic events, these tips may help you support them through these situations:

- Talk about social media, rumors, and facts – encourage them to share with you what they are hearing and being told and balance these with factual information.
- Allow space for all types of reactions – provide time and space for your child to process their feelings and reactions.
- Try to stick to routines and create normalcy – predictability and routines help to build feelings of safety.
- Don't make promises you cannot keep – stick to the facts and validate how difficult it can be when things are unknown.
- Pay attention to changes – seek help if there are sudden changes in thoughts, behaviours, or emotions.

**If you are concerned that your child needs help, please refer to this resource:**

[Where To Get Help For Your Child.pdf \(sharpschool.com\)](#)

For more information, please contact the RRDSB Mental Health Leader: [tracey.idle@rrdsb.com](mailto:tracey.idle@rrdsb.com)



- TIME SHEETS ARE AVAILABLE IN THE OFFICE
- HAND IN COMPLETED TIME SHEETS TO MRS. BAILEY
- GRADUATES ARE REQUIRED TO COMPLETE 40 HOURS



### February is Black History Month

During Black History Month, people in Canada celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada the culturally diverse, compassionate, and prosperous nation it is today.

<https://www.canada.ca/en/canadian-heritage/campaigns/black-history-month.html>

Black History Month

The Nutrition and Student Support program helps students overcome obstacles to regular attendance and success at school. It facilitates consistent nutrition programs at all Rainy River District School Board schools and provides support for basic personal needs, eliminates attendance and participation barriers, and supports student pathways.

For more information, contact:  
Tara Rajala, Student Nutrition and Support Coordinator  
Rainy River District School Board  
Phone: 87-274-9855 ext. 5006  
Email: [tara.rajala@rrdsb.com](mailto:tara.rajala@rrdsb.com)

[www.rrdsb.com/parents/nutrition\\_and\\_supports](http://www.rrdsb.com/parents/nutrition_and_supports)



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