



**North Star Community School**  
**February 2023**  
 This month's Character Trait is "Honesty"  
 "Gwayakowaadiziwin"



*This publication is available in accessible formats upon request*

**IMPORTANT DATES**

- Feb. 14 Valentine's Day Celebration  
Spirit Day - Pink, Red & White Day!
- Feb. 17 Winter Formal Dance
- Feb. 20 Family Day - No School
- Feb. 21 Term One REPORT CARDS sent home
- Feb. 22 Pink Shirt Day

**Term One Report Cards  
 will be sent home on  
 February 21st.**

**Parents/Guardians  
 are asked to  
 call the  
 school if they  
 would like to  
 discuss the  
 report card  
 with the  
 teacher.**



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 #CanadianFlag!



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.

# Mental Health Memo

## NWO Be Well Passport



The Northwestern Ontario School Mental Health Team, in partnership with Evolution Mining, has put together a compilation of activities for individuals, families, and educators to do, starting on Bell Let's Talk Day (January 25th, 2023) continuing through the months leading to Mental Health Week (May 1st, 2023-May 7, 2023).

The NWO Be Well Passport takes participants on a wellness adventure within their communities, reminding them to consider a "whole person" perspective from the First Nations Mental Wellness Continuum Framework, which includes aspects of Spiritual, Emotional, Mental, and Physical wellness. Take part in the activities/events and digitally "stamp" each activity you complete (paper copies will also be made available to all students).

How to participate:

1. Students can join their classmates and family and take part in the activities throughout their passport. Check off each activity when completed!
2. As they complete each passport stop, send a photo or description of their participation to [NWOBeWell@gmail.com](mailto:NWOBeWell@gmail.com). Each stop will enter them into a draw to win some amazing prizes! Don't forget to include their name and which school board and community they belong to.
3. Be sure to tag [@NWOBEWELL](https://www.instagram.com/NWOBEWELL) and [#NWOBEWELL](https://twitter.com/NWOBEWELL) to share the fun on social media!

Click on the link to access a digital passport: <https://www.nwobewell.ca/>

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



Donations  
are GREATLY  
appreciated!

The school is in need of mittens and ski pants. All sizes of ski pants up to an adult mall would be greatly appreciated. If you have some to donate, please drop them off at the school. Thank you.

