



IMPORTANT DATES

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|------------|-----------------------------|
| SEPT 6 | OUTERS PARENTS MEETING |
| SEPT 8 | OUTERS 1ST DAY TRIP |
| SEPT 15 | OUTERS 2ND DAY TRIP |
| SEPT 15 | LAURENTIAN UNIVERSITY VISIT |
| SEPT 18 | COURT SPORTS PF @ NLS |
| SEPT 19 | COURT SPORTS RL @ NLS |
| SEPT 19 | POWLEY DAY |
| SEPT 22 | TERRY FOX RUN |
| SEPT 25 | COURT SPORTS RR @NLS |
| SEPT 27 | OUAC SCHOOL VISIT |
| SEPT 27 | CONCUSSION AWARENESS DAY |
| SEPT 27-28 | SCHOOL PHOTOS |
| SEPT 28 | ELEMENTARY OPEN HOUSE |
| SEPT 29 | ORANGE SHIRT DAY |
| OCT 4 | COLLEGE FAIR |

Every School Day Counts!

Some things you can do to ensure you are prepared to attend school are:

- Set a regular bedtime and morning routine. Go to bed early every school night.
- Set an alarm or have your parent/guardian wake you.
- Put your clothes out the night before.
- With the help of your parent/guardian, pack your school bag the night before.
- Have your lunch ready in the fridge the night before so it is easy to pack in the morning.
- Ask for help from the caring adults at home or school if you are having problems.

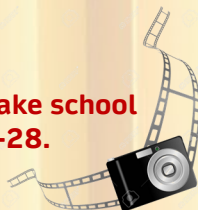
If something is bothering you, talk to school staff.

We can help if we are aware of what is happening with you.



PICTURE DAY

Lifetouch will be coming to take school photos September 27-28.



— WELCOME —
BACK TO SCHOOL

REMINDERS FOR PARENTS

Parents are reminded to please contact the school if they know of an upcoming absence. If this is not possible, please call the office or send a note to clear the absence upon your son/daughter returning to school.

Absences for extended periods of time require the approval of Administration. School begins at 8:50 am. Students need to be in class and ready to learn when the 8:50 a.m. bell rings. Students who arrive late to class in the morning, after lunch, or between classes create disruptions in the lesson, affecting their own progress, as well as others'.

Elementary Arrival Policy:

Please call the school or leave a message if your child will be late or not attending.

Students arriving late must check in at the office before going to class.

Parents, please ensure you keep the school up to date on any pertinent medical information for your child. Part of creating a safe learning environment at our school is ensuring we are aware and meet the medical needs of our students.

If at any time new information needs to be shared with us, please contact the school office at 597-2703.



ELEMENTARY OPEN HOUSE & BOOK FAIR

Thursday, September 28
5:30—7:00 p.m.

The NWHU will be in the school on September 15 for an immunization clinic for Grade 7 students. Consent forms were sent home on September 1 ~ please return forms by September 8.

Mental Health Memo

Coping With Back to School Anxiety



Anxious feelings are normal and expected in children and teens when returning to school, changing schools, or for those starting Kindergarten. Transition back to school can be stressful and disruptive for the entire family.

Common things that anxious children and teens worry about related to school include, teachers, friends, fitting in, and/or being away from their parents.

Consider these 5 steps to deal with back-to-school worries:

- Take care of the basics- ensure your child gets enough sleep, eats healthy foods, and exercises regularly.
- Provide empathy- listen to their worries and why they expect these things to happen.
- Problem solve- help them to plan how they can cope with difficult situations.
- Focus on the positive- re-direct your child to those things they are looking forward to about school.
- Pay attention to your own behaviour- model calm and confidence.

While worrying about back-to-school is normal, it is important to ensure your child attends regularly. Skipping school will actually increase their fears because they miss the opportunities to dispel their worries and the chance for success and mastery of academic and social skills.

Check out the 12-step back to school checklist for parents from Anxiety Canada:

<https://www.anxietycanada.com/articles/our-12-step-back-to-school-checklist-for-parents/>

For more information, please contact the RRDSB Mental Health Leader: tracey.idle@rrdsb.com

Orange Shirt Day September 29

Orange Shirt Day is an event that started in 2013. It was designed to educate people and promote awareness about the Indian residential school system and the impact this system had on Indigenous communities for more than a century in Canada. It is held annually in September in Canadian communities, with students and staff being encouraged to wear an orange shirt to school that day. By honouring the survivors of the residential school system in Canada, we come together in the spirit of reconciliation and hope for the generations to come.

For more information visit www.orangeshirtday.org



Outers Fall Schedule

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|-------------|----------------------------------|
| Sept. 5 | Parents' Night |
| Sept. 6 | Swim Test @ 3:30 |
| Sept. 8 | 1st Day Trip (Canoe Orientation) |
| Sept. 15 | 2nd Day Trip (Navigation) |
| Sept. 21-22 | Single Overnight Canoe Trip |
| Sept. 27-29 | Double Overnight Canoe Trip |

Principal: Mrs. Carly Skrenski

carly.skrenski@rrdsb.com

807-597-2703

September 27

is Concussion Awareness Day

Rowan's Law: Concussion Awareness Resources

[Click to learn about the Concussion Awareness](#)

[Resources that amateur athletes, parents, coaches, team trainers, and officials are required to review.](#)

Acting Vice-Principal: Mrs. Dawn Masson

dawn.masson@rrdsb.com

nls.rrdsb.com

RESPECT



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