



IMPORTANT DATES

FEB 29—MARCH 1	OUTERS OVERNIGHT #2
MARCH 1	PJ & POSITIVITY DAY
MARCH 4-6	SBBB OFSAA (WELLAND)
MARCH 6	PROGRESS REPORTS (GRADES 9-12)
MARCH 7-8	OUTERS OVERNIGHT WALK
MARCH 11-15	MARCH BREAK
MARCH 18-22	SPIRIT WEEK
MARCH 22-23	BADMINTON TOURNAMENT (T. BAY)
MARCH 29	GOOD FRIDAY—NO SCHOOL
APRIL 1	EASTER MONDAY—NO SCHOOL



The Student Mental Health Champions are hosting a

PJ and Positivity Day on Friday, March 1.

There will also be a healthy physical activity, either a game in the bowl or yoga in the gym, depending on weather.



GRAD PHOTOS

Lifetouch will be at NLS to take grad photos during the first week of April.

Grade 8—April 3

Grade 12—April 4 & 5

GUIDANCE NEWS

- Course selection sheets will go out to students this month and should be returned ASAP.
- Graduates please remember to check your OUAC/OCAS accounts for accuracy—please see Mr. Bryk if you have any questions regarding graduation requirements.
- Graduates are required to complete 40 hours of community service before graduation.

Ontario Secondary School Literacy Test (OSSLT)

The OSSLT will be written by ALL grade 10 students and some grade 11 students on

CORRECTION

Wednesday, April 10 and Thursday, April 11.
(in the afternoon)

Please try not to schedule any appointments during those days for these students.

If you have any questions, please contact the school for more information.

GOOD LUCK



Our Senior Boys Basketball team will be representing NLS at OFSAA! The boys will play March 4-6 in Welland, ON. Live Stream can be viewed through the OFSAA website.



Spirit Week

MARCH 18-22

MONDAY	GREEN DAY
TUESDAY	PJ DAY
WEDNESDAY	JERSEY DAY
THURSDAY	THROWBACK THURSDAY (DRESS FOR ANY DECADE)
FRIDAY	FREAKY FRIDAY (TEACHERS DRESS LIKE STUDENTS STUDENTS DRESS LIKE TEACHERS)





Do you have overdue NLS library books? There is a book return in the hallway outside of the library entrance. Feel free to use it to return your paperbacks, hardcovers, and picture books when Mrs. Ojala isn't in the library.

Mental Health Memo

NWO Be Well Passport



The Northwestern Ontario School Mental Health Team, has put together a compilation of for individuals, families, and educators to do, starting on Bell Let's Talk Day (January 24th, 2024) through the months leading up to Mental Health Week (May 6th, 2024-May 6th, 2024).

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, including 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. Each stop will enter them into a draw to win some amazing prizes!
3. Don't forget to include their name and which school board and community they belong to.
4. Be sure to tag @NWOBEWELL and #NWOBEWELL to share the fun on social media!

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



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

**ATTENTION
PLEASE**

Progress reports for grades 9-12 will be mailed out on Monday, March 6.

Parents' Night will be held on

Thursday, March 21 from 5:30 to 7:00 pm.



All Chromebooks and chargers are the property of the Rainy River District School Board and must be returned to the school when a student changes schools or graduates. Parents/guardians will be billed for equipment that is damaged or not returned.

(\$443.00 for Chromebook and \$52.50 for a charger)



Call for Nominations for the 2024 OPSBA Awards

Do you know an amazing teacher, education worker, school administrator, trustee, student, or community member who deserves to be recognized for making a difference in their local school or community?

Nominations for the 2024 Ontario Public School Boards' Association (OPSBA) Awards are now open!

Visit www.opsba.org

To fill out a nomination form

Deadline is April 5, 2024 at 4:30 p.m.



RAINY RIVER DISTRICT TRANSPORTATION SERVICES CONSORTIUM

522 Second St E, Fort Frances, ON P9A 1N4
Phone 807-274-6664 | Fax 807-275-4975

WINTER SAFETY TIPS

Dress appropriately for cold weather and wear heavy jackets, hats, mittens or gloves, boots and face coverings. Avoid clothes and bags with drawstrings as they could get caught and cause a fall and can also be a choking hazard.

Stay a safe distance from the bus until it comes to a complete stop.

Do not play on snow piles at the bus stop - you could slide out onto the street.

Use the handrail when boarding and exiting the bus to prevent slips and falls on icy steps.