

UPCOMING EVENTS

JAN 8	CLASSES RESUME
JAN 17	NWHU VACCINE CLINIC (Gr. 9-10)
JAN 22-25	EXAMS
JAN 26	PD DAY—NO SCHOOL
JAN 31	FAMILY LITERACY DAY

OUTERS SCHEDULE

JAN 19	OUTERS SNOWSHOE TRIP #1
JAN 31	OUTERS SNOWSHOE TRIP #2

ATHLETICS SCHEDULE

JAN 9	NORDIC SKIING (MT EVERGREEN SKI HILL)
JAN 10	NLS @ PF
JAN 11	NLS @ IGN
JAN 12-13	SBBS/JBBB TOURNAMENT (T. BAY)
JAN 15	NLS @ RR
JAN 28-29	CURLING QUALIFIER (FORT FRANCES)
JAN 29	PF @ NLS
JAN 30	NORDIC SKIING (IGNACE)

GUIDANCE

JAN 15	UNIVERSITY APPLICATIONS DUE
FEB 1	COLLEGE APPLICATIONS DUE



NEW! School Band Program

Open to students in Grades 7-12

After school Tuesdays and Wednesdays

See Mr. Arner for information/sign up

YEARBOOK

The **2022/2023** yearbooks are here!

If you would like to purchase one, they are available in the office for **\$40**.

We also have extra yearbooks from past years available for **\$30** in the office



Grade 9-12 Exams
January 22-25

Exams start at 9:00 a.m. sharp

All students are required to attend scheduled exams.
Exceptions will only be made for legal, medical, or educational reasons (via documentation) that are pre-approved by administration.

Students should leave the building after their exams to prepare for their next exam.
Students can only stay in the building if they are working with a teacher or in a scheduled, supervised work environment.

A schedule will be available one week prior to exams.

It's common to feel stressed before taking a test, especially if you don't feel prepared. Keeping up good study habits will help you remember things at test time so you can earn better grades.

Here are some study tips to help you prepare for a test:

- 1. Start early:** Start studying several days before the test. You'll have more time to learn and remember what you need to know and the information will stay in your long-term memory for final exams. Cramming the night before will increase your stress and only puts the information in your short-term memory, so you'll likely forget and have to relearn it at the end of the term.
- 2. Stay positive:** Remember that it's within your ability to do well on the test. Try not to put too much pressure on yourself.
- 3. Set priorities:** Spend most of your study time on what's most important for the test. If you're not sure what that is, ask your teacher. If your teacher has spent a lot of time on something in class, it's probably important to know.
- 4. Make study sheets:** Try to summarize the main ideas in a few points. Make a single page of notes and review it several times.
- 5. Get help:** Ask your teacher to explain any material that you don't understand. You can also ask a friend or classmate for help.
- 6. Go to the review class:** Many teachers review the important material during the class before a test or exam. It's a good idea to attend and take as many notes as you can. This is also your chance to ask questions.

Remember: study as best as you can and get a good night's sleep before the test!

<https://kidshelpphone.ca/>



Say Hello to Xello!

All students from grade 7-12 have been using Xello, an online program to support their Individual Pathways Plans (IPP). With Xello students can start exploring different options early, and develop future goals and plans for their education, career, and life.

Now Xello is offering Family Accounts to allow parents/guardians to view their child's IPP profile, and to try Xello out for themselves from a student's perspective.

If you have a child in grade 7-12, and an email contact listed with the school, you will soon receive an activation email from noreply@xello.world with the subject "Welcome to Xello!" Use the link in the email to activate your account within 7 days of receiving it. All you'll need to do to get started is set a password. If you don't wish to activate your account, you can ignore the email.

We're hoping your Xello Family Account will support you in discussing your child's future plans with them. Visit bit.ly/AboutXello23 (or use QR Code below) for more information. The RRDSB will also be offering opportunities in the new year for families to learn about our pathway planning program, and how to make the most of your family account.

If you have any issues accessing your account or have more questions, please contact your child's teacher or email Rob Donaldson, Experiential Learning Lead at the RRDSB: robroy.donaldson@rrdsb.com



Verification forms will be sent home with students in the new year—please review and make any necessary changes before returning these forms to the school. It is important for our office to have up-to-date contact information and consent, as well as any address changes or medical updates.



Thank you for your cooperation in keeping our records accurate!



The Northwestern Health Unit will be holding an immunization clinic **Wednesday, January 17**



Parents of students in grades 9-10 due to receive a vaccination have been notified by mail.

Promoting Positive Body Image

This new resource supports school staff and others in promoting positive body image and relationships with food for children and youth. It offers links to teaching tools (in English and French), tips on addressing weight-based bullying and what to do if concerned about a student's eating.

<https://www.nwhu.on.ca/wp-content/uploads/2023/11/Promoting-Positive-Body-Image-A-Resource-forEducators.pdf>

Proper Winter Clothing is vitally important as the temperature and winds can be bitterly cold. Snowsuits, hats, mitts, and face protection are critical to keep your child comfortable.

Buddy Up - students should walk together in the winter for safety; wear reflective strips on jackets for greater visibility if at all possible.

Winter Ice Safety - Remind your children about the dangers of playing on any ice surface - especially where there is open water around creeks and rivers. They should always be with a buddy for safety.

Importance of Student Attendance

Regular school attendance is critical to your child's achievement in school.

School begins at 8:50 a.m. with literacy as a focus for the school. Students who miss school or who arrive late miss important group and individual instruction in reading and writing.

HINTS for HEALTHY SCHOOLS

[Click here](#) for link to newsletter

HAPPY NEW YEAR!

January is dedicated to Optimism

