



OCTOBER 2023

IMPORTANT DATES

Oct. 2	Custodian Appreciation Day
Oct. 3	Fire Safety Presentations, Gr. K-6
Oct. 3	NWHU Dental Screening, K-8
Oct. 4	College Fair
Oct. 4	Fall Harvest, Grade 5
Oct. 5	Teacher Appreciation Day
Oct. 10	Progress Reports Grades 9-12
Oct. 10	World Mental Health Day
Oct. 13	Fall Harvest Feast K-12
Oct. 13	School Spirit—dress like a hunter
Oct. 26	Halloween Dance
Oct. 26	School Spirit—wear your costume
Oct. 27	PD Day—No school
Oct. 31	School Spirit—wear black & orange



**National School Bus
Safety Week
October 16-20**

Buses are a 100% Bully Free Zone!

Our school buses are considered an extension of the classroom and students are expected to behave in the same manner as they would in their classroom. If your child is the victim of a bully it should be reported immediately so action can be taken.

ATHLETICS SCHEDULE

Oct. 4	IGN @ NLS
Oct. 5	STA @ NLS
Oct. 5	X-country Dryden Turkey Trot (Grades 7-12)
Oct. 6	X-country @ Crossroads (Gr. 4-8)
Oct. 11	X-country @ Kamview (Gr. 4-12)
Oct. 12	NLS @ IGN
Oct. 13-14	JBVB/SBVB Tournament (Dryden)
Oct. 17	NLS @ PF
Oct. 18	Elementary x-country meet (Atikokan)
Oct. 19	NLS @ RR
Oct. 20-21	SBVB Tournament (Thunder Bay)
Oct. 20-21	JGBB Tournament (Thunder Bay)
Oct. 23	NLS @ RL
Oct. 24	NLS @ STA
Oct. 25	X-country NWOSSA (Gr. 9-12)

Northern Lakes School surpassed our goal and raised \$4685 for our Terry Fox run!



OVERDUE CHROMEBOOKS AND CORDS

During the summer, the IT Department routinely disables any Chromebooks that are not returned by the end of June. Therefore, any outstanding and/or overdue devices will not permit students to log in and access essential learning platforms.

Don't put your education in jeopardy! Please bring all overdue components to Mrs. Ojala in the Resource Centre for reactivation as soon as possible.



Northern Lakes School will soon be implementing a new end-of-day routine.

If you pick your child(ren) up at the end of the day, you will be given information shortly to help alleviate some of the congestion and make pickup easier.

**Secondary Progress Reports
will be sent home on
Tuesday, October 10**

**Parents' Night will be held
Thursday, October 19
5:30—7:00 p.m.**

**There will be a link available on our
website to make an appointment**

Mental Health Memo

WITH CARE: Identifying Mental Health Concerns



Emotional and behavioural difficulties can arise at any time and affect anyone. It is important to consider the signs that could indicate that your child is struggling with an emerging or escalating mental health problem. Identifying problems early, and providing caring support, goes a long way toward prevention and/or worsening of difficulties.

When problems arise, parents can help their child manage temporary distress in healthy ways by:

- practicing calming activities with them, like breathing exercises or mindfulness activities
- model gratitude for the positive things that happen every day
- establish routines that are easy to follow and include time for fun, connection, and rest
- engage in physical activities – get outside in nature and exercise

If your child does not seem to be improving with the actions you have tried, and if you are still feeling worried about their well-being, it might be time to reach out for more help. As a reminder, all schools within the Rainy River District School Board have an assigned Child and Youth Mental Health Clinician who works exclusively in the school and can provide short-term counselling services. For more information, contact your school Principal.

Check out this tip sheet from School Mental Health Ontario:

<https://smho-smso.ca/wp-content/uploads/2021/05/Tip-Sheet-How-Do-You-Know-If-You-Should-Be-Concerned.pdf>

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

October is Cyber Awareness Month

Learn more with these resources:

Knowing **how to use social media safely**;
Learning to **spot a cyber threat on social media**;
Staying cyber secure while playing video games; and **Recognizing the risks of the metaverse and how to reduce them**



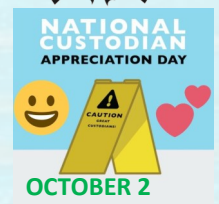
School Spirit Days:

Oct. 13
Oct. 26
Oct. 31

Dress like a hunter
Wear a costume
Wear black and orange



Remind students to check the lost and found for missing items



End of Day changes: Please call the school BEFORE 2:30 p.m. if you have a change in plans for your child after school



Looking for information?
The School Board Code of Conduct and the Northern Lakes Student Handbooks are available on our school website.



Halloween Dance

Thursday, October 26

K-6: 1:45 p.m.—2:45 (Free)

Grades 7-12: 7:00—11:00 p.m.

Admission:

\$5 with costume

\$7 without costume

Canteen available

Principal: Mrs. Carly Skrenski

carly.skrenski@rrdsb.com

807-597-2703

Acting Vice-Principal: Mrs. Dawn Masson

dawn.masson@rrdsb.com

nls.rrdsb.com



GIGOTAAMIGIZ—You are a good worker

INITIATIVE