

HAPPY BIRTHDAY

WEDNESDAY, JANUARY 24TH

Wyatt Bezuyen

Brady Lundrigan

Jack Lyons

Olivia Traynor



TODAY IS BELL LET'S TALK DAY

- This morning we're sharing an action we can all take to help create real change.
- **Nurturing your own well-being by practicing and learning mental health strategies:** listen to your mind and body; ask for help and take some time if you are struggling or feeling overwhelmed.
- You might take a walk, reach out to a friend, or talk to a teacher. Remember it's okay to not be okay.
- Come by the Wellness Wall and pick up a self care activity.
- **If you find yourself needing someone to talk to, please reach out to our Child and Youth Worker, the student services team, administration, attend the Pathstone walk in clinic Wednesdays at the Grimsby library and Thursdays at the Beamsville library, or you can text or call Kids Help Phone 24/7.**



BUS SCHEDULE DURING EXAMS



*A reminder during exams,
January 23rd to January 30th,*



*buses will continue to run during their **regular times**;*

1st thing in the morning & at the end of the day @ 2:15,
there will be **NO** late buses.



GOOD LUCK
IN YOUR EXAMS

knock 'em out with your GENIUS!