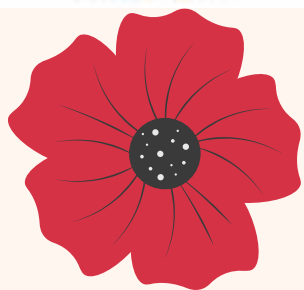


WILDCAT TRACKS NEWSLETTER



**MONDAY
NOVEMBER 27
NO SCHOOL**

What's Happening from Mrs. Bodnarchuk:

We are pleased to have the Fort Frances Legion Ladies Colour Party joining us for our Remembrance Day Assembly. Families are invited to join as well.

As the weather is changing, please make sure students are dressed appropriately for the outdoors.

We are excited to offer many extra-curricular activities during our nutrition breaks. Thank you to the staff who are running these programs. Progress reports will go home on Tuesday, November 14th. Teachers will be contacting families to set up interview times (in person or by phone). We are asking families to have discussions with your children if they walk to and from school. Please use the sidewalks on Keating Avenue and do not cross Keating Avenue in the middle of the street.

Mrs. Bodnarchuk

"Together, we empower all students to believe in themselves, to achieve, and to dream."

November's Character in Action

Courage/Aakwad'ewin

(Bravery)

Courage is demonstrated by people who stand up for what they believe in their heart to be the right thing to do, even when others don't support them and might try to convince them that they are wrong.

Remembrance Day Assembly

Friday, November 10th

9:00 AM

Gymnasium

Student readings

The Royal Canadian Legion Colour Party
will be in attendance.



Nov. 9th – Metis Presentations – Trapping and Harvesting

Nov. 13th – Metis Dance in the gym

Nov. 14th - Progress Reports go home

Nov. 16th – Louis Riel Day

Nov. 22nd – Parent Teacher Interviews (4-6PM)

Nov. 27th – PD Day

December 20th - Christmas Concert



**EVENT
REMINDER**

WILDCAT TRACKS

Treaty Recognition Week

J. W. Walker School is marking Treaties Recognition Week this week, November 6-12, 2023, by teaching students the importance of treaties, as well as treaty rights and obligations, to help create greater understanding and nurture relationships between Indigenous and non-Indigenous peoples.



VOLLEYBALL

Day 1, 3, & 5

10:25-11:05

Grade 5/6

Boys and girls



SEWING CLUB

Day 1 & Day 3



10:25-11:05

Grade 4 and Grade 5/6

alternate throughout the year

PALS



Playground activity leaders in school

Day 2 & Day 4

Happening at recess on the kindergarten and primary playgrounds

BEADING CLUB

Fridays

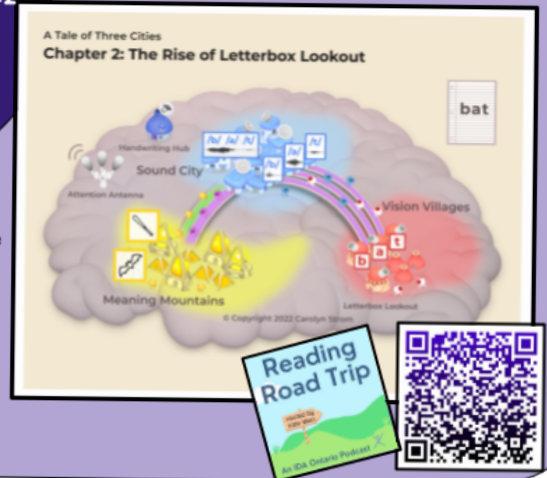
12:50-1:30

Grades 4/5/6



Inside the Reading Brain A Deeper Understanding

"The only way in an alphabetic system to figure out what these squiggles lines and dots mean is to attach them to sounds in Sound City. There's no direct route from print straight to meaning, because that's not what the squiggles lines and dots represent."



MENTAL HEALTH CHAMPIONS

What: A student-led walk on Wednesdays with the Grade 1 and 2 students

Where: Whole School Playground

When: Last 20 minutes of the day

Why: To promote talking, to be social, to get exercise, and to enjoy the outdoors

DATES: Nov. 8th, Nov. 15th, Nov. 22nd, and Nov. 29

Mental Health Memo

Understanding the Risks of Child/Youth Vaping

Vaping is the act of inhaling and exhaling vapour from a battery-operated device known as an e-cigarette. A vaping liquid or "e-juice" is heated to produce a vapour that can be inhaled through the mouth into the lungs. The vapour is a combination of potentially harmful substances and chemicals.

A 2019 survey found that 23% of Ontario students in Grades 7-12 had used an e-cigarette in the previous year.

Vaping products also often contain nicotine and sometimes cannabis which can:

- affect brain development, which continues until 25 years of age
- affect learning, memory, attention, and concentration
- affect behaviour and reduce impulse control
- lead to the development of learning and anxiety disorders
- make symptoms of anxiety and depression worse
- lead to long-term use of cigarettes or e-cigarettes

When discussing vaping with your child/youth, it is important to let them know that most people their age are NOT vaping, that vaping (even without nicotine) is NOT harmless, and that using e-cigarettes is NOT a proven strategy to help quit smoking.

Here is some information you might want to discuss with your child/youth:

<https://smho-smso.ca/wp-content/uploads/2020/06/Vaping-Student-Resource-EN.pdf>

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

