



# WILDCAT TRACKS NEWSLETTER



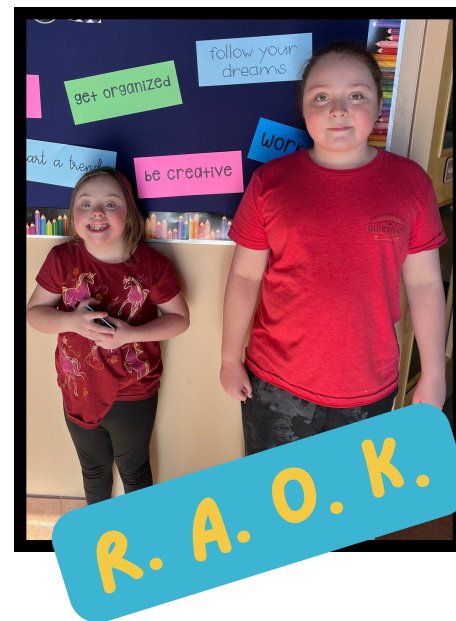
## What's Happening from Mrs. Bodnarchuk:

Many changes have been happening with the weather this month. Please make sure that students come dressed appropriately with the changing weather conditions.

Thank you to all who came out to our Family Literacy night! It was a huge success with over 100 students attending with their families. The winner of the feedback draw is the Bisson Family.

We also held our Kindergarten Registration last week. If you missed it, please register online and Mrs. Fowler will be in touch with a registration package. We look forward to welcoming our newest JK Wildcats in the Fall!

J W Walker celebrates kindness with a monthly draw where students are recognized for being caught doing random acts of kindness (R.A.O.K.). Congratulations Josh and Jayda who are the latest winners!



**THANK YOU FOR  
ATTENDING OUR  
FAMILY LITERACY  
NIGHT!**



## 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 24<sup>th</sup>, 2024) through the months leading up to Mental Health Week (May 6<sup>th</sup>, 2024 - May 10<sup>th</sup>, 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](mailto:tracey.idle@rrdsb.com)



March 7th - The Big Crunch  
March 10th - Daylight Savings time begins  
March 11-15 - March Break (no school)  
March 29th - Good Friday  
April 1st - Easter Monday



**EVENT  
REMINDER**

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

Mrs. Sonja Bodnarchuk, Principal

Mrs. Kim Kirk, Vice Principal

# WILDCAT TRACKS



**MARCH** 

**IS NUTRITION MONTH!**

**ON MARCH 7TH JOIN THE GREAT BIG CRUNCH CHALLENGE!**

Crunch and munch all month.  
[#2024GREATBIGCRUNCH](#)

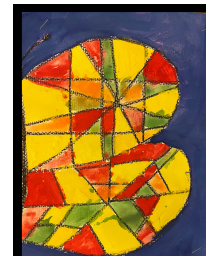
**EAT A VARIETY OF HEALTHY FOODS EACH DAY**  
Explore [Canada's Food Guide](#) for healthy eating tips and resources.

**TRY NEW RECIPES**  
Click here for [3 ingredient dinners](#) that are simple, healthy and affordable!

**OFFERING GOOD FOOD CHOICES WILL HELP YOUR FAMILY MAKE GOOD FOOD CHOICES**

**GARDEN**  
Grow your food, to know your food!

**DRINK WATER!**  
Water is absolutely crucial for every system in your body.



## WILDCAT ARTWORK



### Character in Action

#### March - Integrity

We are truthful and sincere. We ensure consistency between what we say and what we do as well as between what we believe and how we behave. Integrity is demonstrated by people who do the right thing, no matter what the circumstances might be.



**Vote on our Yearbook cover by scanning this code!**

