



Welcome back &
Happy New Year!



Our teachers look forward to seeing students in live classes again after a long, well-deserved break. We can't wait to hear how much fun you had playing in the snow, playing family games, and, hopefully, lots of rest.

It's hard to believe that the end of January marks the halfway point of the school year! This month we'll welcome back Mrs. Morrison back from her mat leave. Read her message to you on [page 4](#).

May the new year bring you renewed motivation and determination to reach your goals. See [page 3](#) for inspiration for your *Word of 2023* and ways to *Beat the Winter Blues*.

Mrs Sutherland



HAPPENINGS

January 3

School re-opens

- Gr 9-12 live classes resume
- Week 16 for High School

January 9

- K-8 live classes resume

January 23-26

- *Gr 10 & 12 Assessments*

January 25

- Mrs. Morrison returns!

January 27

- Gr 9-12 End of 1st Semester

January 30

- No Live Classes K-12

January 31

- Gr 9-12 Second Semester begins.

February 3

- K-12 Report Cards Published
 - K-8 Reporting Sept-Dec

CHECK OUT
THE STUDENT HUB

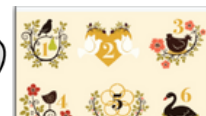


Prompt:
What would you do if
you were trapped in a
snowglobe?

SEEK & FIND

Are you still looking to enjoy the teacher's version of The 12 Days of Christmas?

Hint: Look for this poster in the virtual school.



“

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.

~ Harriet Tubman

”



Word of 2023

Choosing a word of the year is a great way to practice focusing on a particular theme for the year.

Writing something about a specific word can help you write a reflection of what you are thinking and feeling now.

You can return to this activity and observe what's changed, what you've learned and how you've grown.

Your word of the year:

This word's definition:

Draw a doodle that illustrates how you feel about this word.
(scribbles, question marks, stick people allowed)

10 WAYS TO BEAT THE WINTER BLUES

Sunlight Open the shades or go outside for some rays.

Schedule sleep Keep a consistent sleep routine & get up early.

Move it Exercise boosts serotonin production, increases oxygen flow to the brain & lowers the body's response to stress.

Fuel good Seek out foods that are filled with vitamins, anti-oxidants & strengthen immunity.

Laugh it up Test your joke-telling out on your family, or cozy up with a favourite show that will make you giggle.

Balance school & Hobbies Make a plan and stick to it.

Hello to my wonderful West Coast family!

I am so excited to be returning and to see you all again. This past year has gone by so quickly, but I know that a lot can happen in a year's time, so I am looking forward to catching up with each one of you and hearing about all the exciting things that have been happening over the past twelve months. For those who joined West Coast or entered high school during my absence, I am eager to meet you and look forward to getting to know you over the coming semester. For high school students, as you wrap up your first semester and begin the second, I will be praying for you and aim to help you in any way that I possibly can to make the transition between semesters go as smoothly as possible. I can't wait to have an awesome semester with you!



Mrs. Morrison

Student Spotlight
will be back in
February



Coming up!

FEBRUARY
KINDNESS
CHALLENGE