



April 14th, 2025

Wolfpack and Families,

I have a few updates and information items for you below.

1) Culture Day

- a) Culture Day, a student-led event, will take place during Period 4 and Period 5 on April 24th.
- b) Student volunteers have been working hard to present attendees with various activities, foods, and performances that they feel best represent themselves, their cultural beliefs, traditions, and backgrounds. The cost of the event is free.
- c) Students wishing to attend are required to be signed up on school cash - the event should appear soon (no cost), OR to sign up in person at lunch in the cafeteria
- d) Any students signing up on the day of the event will have attendance calls go home, as it is not possible to get those entries into the system on time

2) Grimsby Public Library Author's night at WNSS

- a) See the attached poster for the upcoming author's night, put on by the Grimsby Public Library
- b) Proceeds go to support the WNSS Theatre

3) Guest Speaker for Grade 11 students on May 6th

- a) Fallon Farinacci will be visiting WNSS Tuesday May 6, 2025, during Period 4 to talk to Grade 11 students. Fallon is Red River Métis, from St. Eustache, Manitoba, as well as a longtime resident of the Niagara Region. She is a speaker, writer and advocate, a child survivor of MMIWG2S+, an influencer, and a model for Cheekbone Beauty, Poppy & Peonies, Knix, and Velour.
- b) As part of the Grade 11 curriculum, students at WNSS are enrolled in the Grade 11 English: Understanding Contemporary First Nations, Métis, and Inuit Voices Course. Fallon is an engaging speaker who shares stories of resilience and strength and will support students to make connections to the themes of the course which include identity, relationship, and self-determination, sovereignty, or self-governance.

- c) Furthermore, the West Niagara community continues to seek opportunities to participate in meaningful reconciliation and hearing Fallon's truths and experiences allows staff and students to engage in the Calls for Justice for all Canadians: "15.3 Develop knowledge and read the Final Report. Listen to the truths shared, and acknowledge the burden of these human and Indigenous rights violations, and how they impact Indigenous women, girls, and 2SLGBTQQIA people today."

4) Mental Health Supports

School Mental Health Ontario has introduced **By Your Side**, a suite of resources to support mental health and well-being for every family. We know that parents and caregivers want their children to be physically and mentally healthy and already have many effective tools and strategies in place. **By Your Side** recognizes the expertise of parents and caregivers and offers resources to support and strengthen mental health and well-being in every family.

[Key messages about the parent/caregiver hub](#) For more information about the **By Your Side** Parent/Caregiver Learning Hub, visit : <https://smho-smso.ca/parents-and-caregivers/>

You can also [sign up](#) for direct information for parent/caregivers from School Mental Health Ontario through their mailing list

LEARNING HUB

The new **Learning Hub** is an online resource centre co-created by Ontario parents/caregivers and school mental health professionals designed to meet the needs of Ontario's families.

Key topics in the Parent/Caregiver Learning Hub include:

- understanding mental health
- promoting mental health at home
- supporting mental health at school
- stress and anxiety management
- substance use prevention
- navigating digital technology use
- reaching out for help


WEBINAR SERIES

SMHO is also offering a free webinar series as part of the [By Your Side learning hub](#), designed to help parents and caregivers navigate important topics related to substance use and addictive behaviors.

This expert-led series will provide insights and practical strategies on:

- ✓ The intersection of addictions and mental health (April 22, 2025 @ 7pm)
- ✓ Recognizing signs of substance use and behavioural addictions (May 7, 2025 @ 7 pm)
- ✓ How to talk about substance use at home (May 14, 2025 @ 12pm)
- ✓ Current trends in student substance use in Ontario (May 22, 2025 @ 12 pm)
- ✓ Technology overuse and problematic gaming (TBD)

The webinars will also include answers to questions that parents/caregivers can provide ahead of the webinar, giving you the chance to ask questions and gain practical guidance.

 Sessions run throughout April and May

 [Register for free today](#)

Have a great evening.

M Miller
Principal, WNSS