



WestNiagara

Secondary School

May 27th, 2024

Wolfpack and Families,

I have a few updates/reminders for you below.

1) **Colour Wars**

- a) Congratulations to this year's grade 10s (Team Orange) who won the day. This group has won both years of this competition - well done.
- b) The event was a great success, and I would like to thank all the students and staff involved for creating such a positive atmosphere and a fun afternoon
- c) Most importantly, you as a Wolfpack community, were able to raise over \$16 000 for the Rankin Cancer Run - exceeding our total from last year to support cancer-care organizations in the Niagara Region
- d) Thank you to all the staff who went above and beyond to put this event together, especially Kelly Bolibruck whose leadership made the day happen

2) **Yearbook**

- a) Yearbooks are available for purchase on SchoolCash
- b) Few copies remain - please buy them while you still can
- c) Delivery is expected in early June

3) **Senior Sunset - June 13th**

- a) On Thursday, June 13th from 7-9:30pm our graduating students will have the opportunity to socialize once more on the turf field and reflect on their high school experience
- b) There will be lawn games, a movie playing, food trucks for snacks, and the opportunity to sign yearbooks
- c) There is no cost to attend this school event - food trucks will be at cost to each student if they wish to purchase anything
- d) We recognize that the date/time of the event creates some potential conflicts with other events. We have done our best to avoid other events, culminating activities and exams while trying to maximize the chances that yearbooks will be delivered

before the event. Our goal was to maximize the number of students who can attend, even if only for part of the night

4) Upcoming Parent Workshops - this week

a) Tuesday May 28th at Noon

Parent Power: Nurturing Student Success Through Strong Connections
Connectedness can be defined as a sense of closeness to others that is important to one's sense of belonging and is based on experiences of a person's relationships with others. Research shows that fostering developmental relationships with youth can reduce risky behaviors. Join us to learn more about the significance of youths' connections with adults and peers and explore strategies to nurture these connections that significantly impact mental well-being. When youth feel connected, they thrive.

b) Thursday May 30th at Noon

Parent Power: Adolescent Brain and Substance Use Prevention

According to the Ontario Student Drug Use and Health Survey (2023), some of the most commonly used substances among students in grades 7-12 include alcohol, vapes, cannabis and non-medical prescription opioids. Use of most substances increases by grade level.

In this workshop parents will learn about why the adolescent brain is uniquely susceptible to substance use and addictions. Join us to hear what research says about some of the dangers of these substances and how they impact young people. We will provide strategies for you to consider that can reduce the use and risks of substance use during the adolescent years.

The flyer attached includes links to register directly through TEAMS, but parents can also register on the DSBN Website at:

<https://www.dsbm.org/programs-services/well-being/workshops>

Have a great week

Mat Miller
Principal, WNSS