

14 February 2019

Dear Parents/Guardians:

Happy Valentine's Day!! One quick update and one reminder for you:

**RESCHEDULED: Parent-Teacher Interviews (Feb 20, 2019 - 4:00-8:00pm)**

Parents and students are welcome to join teachers for one-on-one discussions about student achievement. Please make an appointment using the form that was included with the Term 2 report card. Due to the large volume of parents, we regret that we cannot accommodate drop-in visits. Teachers' schedules fill up quickly so please submit your requests early. Teachers who cannot accommodate all of their requests will happily make arrangements for a telephone conversation or a visit on a different day. Please note: if you had already booked an appointment with a teacher, there is no need to reschedule. You may keep the same time slot you booked for our February 13 session.

**School Council Presents: *Partners for Life* (Feb 19, 2019 - 7:00pm)**

The "Depression is Reversible" presentation, part of the Partners for Life Program, will be presented at our School Council meeting on Feb 19 at 7:00pm in the Library. Students and parents are welcome to attend. This presentation, which will be delivered to all grade 10 students as well, will provide information about depression and the importance of taking care of one's mental health as an adolescent. The focus is on recognizing the signs and symptoms of depression and using concrete strategies to address them.

Have a wonderful evening!

Steve Spidell, Principal