



# Thunderbird Flyer

Mine Centre School's monthly newsletter- **April 2023**

## Principal's Message:



Boozhoo friends and family of Mine Centre School.

It is hard to believe that we only have less than 10 weeks left in the 2022-2023 school year! These weeks will be bustling with activities— Education Week, Ole Fort Williams Trip, swimming lessons, EQAO testing, EY Mother's Day and Father's Day activities, end of the year trips and activities, Powwow, Graduation and much, much more. Please check our Facebook page often for updates and reminders beginning on Monday. *Miigwetch, Jeff Carr*

## Important Dates:

**April 6-** Swimming Lessons  
**April 7-** Good Friday **No School**  
**April 10-** Easter Monday **No School**  
**April 12-** Day of Pink- **Wear Pink**  
**April 13-** Swimming Lessons  
**April 20-** Swimming lessons  
**April 21-** PD Day- **No School**  
**April 26-** Quest for Knowledge  
**April 27-** Grade 8 High School Orientation  
**April 27-** Swimming Lessons  
**April 28-** Star Thunderbird Assembly



Happy Easter Weekend to everyone!!!  
Please remember that **April 7 & 10 are holidays and there is NO SCHOOL**. Enjoy some time with family and friends.

# HAPPY BIRTHDAY!

April 6 – Maharet and Mekare  
April 9 - Karsyn  
April 15- Chauncey  
April 16- Emma and Garry  
April 22- Sawyer  
April 27- Courtney  
April 30- Kolter



## Swimming Lessons:

Swimming lessons are off to a great start! The grade 1 students are loving their time in the pool in Atikokan and we are excited to be able to invite the **grade 2 students**; beginning April 27. Lessons will continue every Thursday. Please dress warmly and bring a towel, swimwear.

## Mental Health Matters:

A child's mental health is just as important as their physical health and deserves the same quality of support. Here at Mine Centre School, we work hard to support mental health and promote positive

strategies to help deal with stress and emotions.

### Mental Health Memo

#### Students Learn About and Support Mental Health

Students from across the Rainy River District School Board are volunteering to be Mental Health Champions within their schools. These students are passionate about mental health and well-being and are taking on a leadership role to promote mental health initiatives and a positive school climate.

Student champions are learning:

- the importance of having healthy habits to maintain their mental health
- what healthy strategies help support mental health and when to use them
- how to know when a friend or loved one might be having a mental health issue
- their role and how to care for themselves when helping others who might need mental health support
- when to seek help from a trusted adult
- to identify words that can cause stigma
- about actions they can take to reduce and prevent stigma around mental illness

Students deserve a say in their mental health learning and support. The champions are looking forward to engaging their peers with activities, events, posters, announcements, social media postings etc. to support student mental health and well-being!

Parents, caregivers, and families can learn more about mental health and mental illness here:  
<https://www.youtube.com/watch?v=qlBucilFlr8>

For more information, please contact the RRDSB Mental Health Leader: [tracey.tide@rrdsb.com](mailto:tracey.tide@rrdsb.com)



### Bussing:

You can keep up to date on Seine River and Nigigoonsiminikaaning bussing cancellations on the MCPS Elementary Transportation (Seine River & Nigigoonsiminikaaning) Facebook Page. All are encouraged to join.

## Kids Help Phone

Support for youth

☎ Call 1-800-668-6868

💬 Text TALK to 686868

Support for adults

💬 Text WELLNESS to 747174



### Attendance:

Thank you to all parents/ guardians and caregivers for the hard work you have been doing to get our students to school. The attendance has been increasing. This is exciting for students as well as staff as being present is key in every student's education journey.

### School Matters!



### Reminder:

Supervision begins at 8:15. Please do not drop your students off earlier as there is no supervision until then.

### Registration:



Kindergarten Registration was a success!!!  
Ms. Woods and Mrs. Bliss spent mornings in both communities and met some amazing youngsters who registered for school this fall.

If your child was born in 2019, they can start school in September 2023.

Missed registration? We can register anytime. Please call Mrs. Bliss at the school to set up a date and time that will work for you.

