

Sunday, March 17, 2024

Good evening everyone,

This is Bonnie Rempel with your Sunday memo for the week of March 18 – 22, 2024, the last week prior to the start of spring break.

On the menu this week, we will be serving the following:

Monday – chicken fingers with wedges

Tuesday – noodles

Wednesday – bannock tacos

The cafeteria will be closed on Thursday and Friday

There will be homemade soup on:

Tuesday – lentil

Grad hoodies are ready to be ordered! You will need to act quickly as there is only ONE week left to order them. All orders and payments must be submitted to Ms. Thompson no later than Friday March 22, 2024.

I would like to congratulate the senior boys' and girls' basketball teams this weekend as they played hard and represented our school with grace. While we did not win the banner, our teams were awesome. Congratulations to Mazy Deibert and Jersey Nabess for being named game stars for the senior girls and Nick Lederhaus and Dilshan Saggu for being named player of the game for the senior boys. Thank you to Christine Sim, Will Switzer, the Deibert's, the Beauchemin's, Mr. Paradis, and Ms. Warren for all of your support and commitment to this weekend and the senior basketball program.

Congratulations to Grade 10 Tanisha Sempla who auditioned and was accepted into the Manitoba Provincial Intermediate Honour Band. Tanisha earned the top bass clarinetist spot in the province. Tanisha will travel to Winnipeg and play with this prestigious ensemble in May.

We are super excited to be hosting The Rob Nash Project right here in our own Letkemann Theatre. This project is an immersive concert experience that will engage our students through the power of music and storytelling. The presentation addresses topics related to mental health such as depression, anxiety, self-harm, addiction, bullying and suicidal ideation. They balance this

serious subject matter in a truly unique way that is not only thought provoking and inspirational but also entertaining and a times humorous. Presentations have been scheduled from Monday – Thursday so all of our students will have the opportunity to participate.

Have a beautiful Sunday, an amazing week and remember that is it not selfish to love yourself, take care of yourself and to make your happiness a priority...it is necessary.

Take care and call if you need us.

Bonnie Rempel ☺

