

Good Afternoon,

It was great to see all of our Cougar students back in the halls and classes this week! Students quickly returned to their routines as most classes begin to look ahead to the end of semester. Students did a great job of working with staff in following the enhanced measures. This is greatly appreciated in keeping everyone safe and healthy.

There is still plenty of time for students to complete work and ensure they are in a position to successfully complete their courses. If you are unsure of your child(ren)'s standing in any class, please reach out directly to the classroom teacher.

We will continue with our Pre-Order system for student cafeteria needs at morning break and lunch. Next week's order form is attached, forms will also be available during first period of the morning.

See below for information about updating your contact preferences. You can now receive text messages instead of automated phone messages when the school uses our Messaging service. We also have information about TRU start courses and a feedback session from Ministry of Education on keeping our schools safe.

Cafeteria Menu (Attached)

School Messenger Contact Update

SD73 is improving communication through School Messenger by offering a text message option for you. Please review the attached flyer and send a text message of to the number listed and you will be able to use the mobile number you have already provided to the office to receive a text message. For more information, please go to the school website under the heading of Attendance/Safe Arrival. Please see attachment to this message.

TRU Start Courses: January 19, 2022

An opportunity for students to take one or two TRU courses in their grade 12 year while attending their high school classes. Dual credit may be awarded and is at the discretion of the high school. Tuition and fee costs can be covered by a part time studies grant.

Information Session:

Open to grade 10 and 11 students, and their guardians. TRU and SD 73 is hosting a virtual information session for TRU Start on:

6:30 pm via Zoom [Register](#)

Safe Schools Student Engagement Session

The Ministry of Education - Student Wellness and Safety will be offering the following virtual information session for students.

This session for students in Grade 8-12 covers all things digital, from how to be a good digital citizen to the criminal consequences of cyberbullying. Some of the most prominent concerns currently surrounding students' use of social media platforms and smartphones will be discussed.

Date: Thursday, February 3, 2022 from 6:30-7:30pm

Please register here: [Student Session Registration](#)

Cafeteria Pre-paid Cards

We continue to encourage students to have access to the pre-paid cafeteria cards available through [school cash online](#). Cards can be purchased in \$20 increments. They can be used for morning breaks as well as lunch, including

days when proceeds go to Athletics. Students will need to let Mrs. Luison in the office know, once you have made an online lunch card payment.

I wish you all a restful weekend ahead.

John Tyler
Principal

Parents and Guardians

You can take advantage of our Text Messaging Service

Our school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.

You can participate in this free service* just by sending a text message of “Y” or “Yes” to our school’s short code number:

For CANADA-BASED numbers: **978338**



You can also opt out of these messages at any time by simply replying to one of our messages with “Stop”.

SchoolMessenger is compliant with the Student Privacy Pledge™, so you can rest assured that your information is safe and will never be given or sold to anyone.

For CANADA-BASED numbers:

**Opt-In from
your mobile
now!**



**Just send “Y”
or “Yes” to
978338.**

(For Canada-based numbers).

CAFETERIA PRE-ORDER FORM FOR LUNCH

WEEK: JANUARY 17 - 21

STUDENT NAME: _____

**Food cards can be purchased at the office for \$20*

Monday, January 17 – Athletic Fundraiser Day			Tuesday, January 18		
Beef Barley Soup	\$5.00		Chicken caesar wrap	\$4.00	
Muffins	\$2.00		Turkey enchilada with Spanish rice	\$5.50	
Pizza Pops	\$2.00		Veggie Plate	\$3.00	
Gatorade	\$2.00		Cookies	\$1.00	
Chips	\$1.00		Cake	\$1.00	
Toquitos	\$1.00				
Juice: fruit medley, apple, orange, wild berry *CIRCLE CHOICE	\$1.00		Juice: fruit medley, apple, orange, wild berry *CIRCLE CHOICE	\$1.00	
Chocolate milk	\$1.00		Chocolate milk	\$1.00	
ICE drinks: *CIRCLE CHOICE grapefruit, lemon-lime, cherry-lime, coconut-pinnacle	\$2.00		ICE drinks: *CIRCLE CHOICE grapefruit, lemon-lime, cherry-lime, coconut-pinnacle	\$2.00	
Wednesday, January 19			Thursday, January 20		
Lasagna Soup with garlic toast	\$4.00		BLT with veggies	\$4.00	
Chicken cordon swiss w/mashed potatoes & veggies	\$5.50		Greek dinner with rice, pita, salad & tzatziki	\$.50	
Veggie Plate	\$3.00		Veggie Plate	\$3.00	
Cookies	\$1.00		Cookies	\$1.00	
Cake	\$1.00		Cake	\$1.00	
Juice: fruit medley, apple, orange, wild berry *CIRCLE CHOICE	\$1.00		Juice: fruit medley, apple, orange, wild berry *CIRCLE CHOICE	\$1.00	
Chocolate milk	\$1.00		Chocolate milk	\$1.00	
ICE drinks: *CIRCLE CHOICE grapefruit, lemon-lime, cherry-lime, coconut-pinnacle	\$2.00		ICE drinks: *CIRCLE CHOICE grapefruit, lemon-lime, cherry-lime, coconut-pinnacle	\$2.00	
Friday, January 21					
Hot dog with tator tots	\$4.00				
Hamburger with tator tots	\$5.50				
Cookies	\$1.00				
Cake	\$1.00				
Juice: fruit medley, apple, orange, wild berry *CIRCLE CHOICE	\$1.00				
Chocolate milk	\$1.00				
ICE drinks: *CIRCLE CHOICE grapefruit, lemon-lime, cherry-lime, coconut-pinnacle	\$2.00		TOTAL		

CAFETERIA PRE-ORDER FORM FOR BREAK

WEEK: JANUARY 17 - 21

STUDENT NAME: _____

**Food cards can be purchased at the office for \$20*

Monday, January 17			Tuesday, January 18		
Eggers	\$3.50		Eggers	\$3.50	
Hasbrowns	\$.50		Hasbrowns	\$.50	
Cookies	\$1.00		Cookies	\$1.00	
Cake	\$1.00		Cake	\$1.00	
Juice: fruit medley, apple, orange, wild berry *CIRCLE CHOICE	\$1.00		Juice: fruit medley, apple, orange, wild berry *CIRCLE CHOICE	\$1.00	
Chocolate milk	\$1.00		Chocolate milk	\$1.00	
ICE drinks: *CIRCLE CHOICE grapefruit, lemon-lime, cherry-lime, coconut-pinnacle	\$2.00		ICE drinks: *CIRCLE CHOICE grapefruit, lemon-lime, cherry-lime, coconut-pinnacle	\$2.00	
Wednesday, January 19			Thursday, January 20		
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Hasbrowns	\$.50		Hasbrowns	\$.50	
Cookies	\$1.00		Cookies	\$1.00	
Cake	\$1.00		Cake	\$1.00	
Juice: fruit medley, apple, orange, wild berry *CIRCLE CHOICE	\$1.00		Juice: fruit medley, apple, orange, wild berry *CIRCLE CHOICE	\$1.00	
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Hasbrowns	\$.50				
Cookies	\$1.00				
Cake	\$1.00				
Juice: fruit medley, apple, orange, wild berry *CIRCLE CHOICE	\$1.00				
Chocolate milk	\$1.00				
ICE drinks: *CIRCLE CHOICE grapefruit, lemon-lime, cherry-lime, coconut-pinnacle	\$2.00				
			TOTAL		