



North West Central School  
Thursday Note  
June 4, 2020



<http://www.northwestcentral.sunwestsd.ca/>

**Principal's Message**

Health and education are still trying to figure out how things will look in schools this fall. Students may be back in school, full time, part time or not at all. However, ALL students will be expected to be learning. Assignments, projects and tests will NOT be optional, as they were this spring. We will keep you posted as we know more in the next few weeks and months.

Shed Clean Out Give Aways – FREE to those who come and get them.

1. Filing cabinets
2. Small Round Table
3. Teacher Desks – 2 wooden and 2 metal

Please email [frances.mcleod@sunwestsd.ca](mailto:frances.mcleod@sunwestsd.ca) or [nicole.chester@sunwestsd.ca](mailto:nicole.chester@sunwestsd.ca) for more details and/or pictures and to make arrangements to pick up from the school.

**Important**

Deadline for submitting items for the Thursday Note is Wednesday before noon. Items received after that will not make it into the Thursday note.



**MySchoolSask Family Portal**

Email Jodi at [jodi.seibold@sunwestsd.ca](mailto:jodi.seibold@sunwestsd.ca) if you need any help with the Family Portal

**Wildcat Wows!**

**WILDCAT WOW** – To the Independent Printers in Biggar who did a great job on our Grad lawn signs.

**WILDCAT WOW** – Congratulations to Dr. Guy Tetrault on his retirement from education after 44 years of working with students, parents and colleagues.

**WILDCAT WOW** – To Fran and Nicky who have been cleaning, waxing, mowing and painting, etc. to make our school and grounds look great.

**NWCS BUS DRIVERS**

Kelly McQueen 306-460-9497 Bernie Olson 306-430-4364  
Pat Richards 306-932-7209 Bob Smith 306- 460-6567 Amber Atkinson 306-304-2468  
Jessica McLeod 403-507-0738  
Savannah Schoeler 306-426-7977 (Spare driver)

Up to date information on coronavirus and COVID-19

[Saskatchewan.ca/coronavirus](https://www.saskatchewan.ca/coronavirus)

**2019-2020 Yearbook**

Our 2019-2020 yearbooks are on-sale! We have been working hard and are excited for the 2019-2020 yearbook to be complete. This year's book will be a 40 paged, softcover with full color! It will feature all students with many sports and activities. Ordering a yearbook is very easy! We will be selling this year's books using *permission click!* Just simply order and pay for your book on permission click, then we will deliver it to your student in the fall. You can order yearbooks until **May 25th, 2020.**

[YEARBOOK ORDER FORM](#)

**BECOME A YEARBOOK SPONSOR**

We are looking for sponsors for our 2019-2020 yearbook. If you are interested in sponsoring a page please use this link. We really appreciate your support!!

[YEARBOOK SPONSORSHIP](#)



Ben MacDonald just ran in the virtual GoodLife Fitness 10 km for the Saskatchewan Marathon and he ran it in an amazing time of 44:08. Congratulations Ben!

# LEARN@HOME PASSPORT

**SUN WEST SCHOOL DIVISION**

Visit the Sun West "Learn at Home" Hub to help guide you with at home learning

You can Ctrl-Click on the pictures above to go to these sites!

**Calling:**

Kid Help Phone	1-800-668-6868
Canada Suicide Prevention	1-800-456-4566
Saskatoon Mobile Crisis	1-306-933-6200
Sask Health Authority	811

**Texting:**

Kids Help Phone	text CONNECT to 686868
Canada Suicide Prevention	text 45645
Youthspace	text 778-783-0177

**Chat Online:**

Kids Help Phone	Chat.kidshelpphone.ca
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Hello Sun West Students, Staff and Parents,

The Sun West Career Development Team, along with the Sun West Student Planning Team are happy to share a document detailing the information that was going to be presented at our 2020 Roads to Success Career Fair. Unfortunately this year's career fair was cancelled due to the COVID-19 virus.

Included in this email is a link to a SWAY document that highlights some of the presenters that gave us material to share with you. There is a lot of information in it that may be relevant to your family, so please take some time to a look through it and explore some of the great career opportunities available to you. For ease of use, there is a navigation button at on the bottom right of the screen. Once you are in the SWAY document this button will allow you to jump to various sections of interest rather than scrolling through the full document.

We hope you find this information valuable and if you have any questions pertaining to the various presenters, please feel free to contact them directly, or you can contact your Career Development Teacher to obtain more information.

Hoping you all find your road to success,  
The Sun West Career Education Team

*Mrs. Judy Genereux*  
*Career Education*  
*NWCS & RCHS*



## Sun West ROADS TO SUCCESS Career Fair 2020

This page is going to bring your Sun West Career Fair to life. We are going to highlight a large number of organizations who were asked to present at our fair. Feel free to contact them i...

[Go to this Sway](#)

See Attachments for more

Career and Post Secondary Information



## **SPORTS MEDICINE ZOOM WORKSHOPS**

June 17<sup>th</sup> & June 25<sup>th</sup>

Facilitator Heather Hynes, MSc, RD, CSSD

### **Sport Nutrition for Modified Training**

Learn about the importance of fueling your body for training. We will discuss the importance of food and fluid timing for optimal training adaptations. Participants will also have the opportunity to ask questions specific to their sports.

June 17<sup>th</sup>, 2020 at 7 pm. Register by June 15<sup>th</sup>, 2020 by clicking here!

### **Sleep & Performance**

Learn about the importance of sleep quality for overall health and sport performance. Participants will learn new strategies to maximize sleep and the importance of building a healthy routine with wake times and bedtimes.

June 25<sup>th</sup>, 2020 at 7 pm. Register by June 23<sup>rd</sup>, 2020 by clicking here!



## **CHECK OUT THE ONLINE ZOOM WORKSHOPS THAT WE ARE OFFERING!**

June 9th & 11th	Running an Effective Board Meeting
June 11th	Non-Profit Fund-Raising Strategies
June 16th & 18th	Volunteer Recruitment & Retention
June 17th	Sport Nutrition for Modified Training
June 25th	Sleep & Performance

**For more Information & To Register**

**Check out the events calendar on our website for details on Sport, Culture and Recreation events taking place in communities within Rivers West District!**