



Principal's Message

Next week is Family Literacy week and we are celebrating with guest readers, a reader café and a Literacy bingo. (Please bring your signed regular bingo cards – across, up and down or diagonal to Barb in the library. We hope that families have fun completing challenges.

At the high school level, exams start next week. Students should arrive at 8:45 with their materials (pen, pencil, calculator, geometry kits etc.) ready to go. Students must write for a minimum of an hour and must sign out at the office when they leave.

Here are some study strategies from the University of Saskatchewan for the week before, the night before and the day of exams. The key message is “*Prepare in Advance for Sanity and Success*”

Leading up to the Exam

1. **Learn more effectively** and avoid elevated stress by preparing for your exams in advance. “**Spaced Study**” is known to be an effective, research-backed study strategy that fosters long-term retention of new information.
2. **Divide your study time into short chunks** to avoid brain fatigue and learning ineffectiveness. Break your studying times into 30-60 minute time blocks vs 4-8 hours marathon sessions.
3. **Take regular breaks and reward yourself for your accomplishments.** We all benefit from time to relax and rejuvenate. Consolidation of learning, combining, and condensing new experiences/information occurs during downtimes and through sleep.
4. **Determine what study strategies work best for you.** Which learning strategies work will for you? Take time to reflect and consider how well you're learning. Adjust your strategies as needed.
5. **Don't struggle alone; ask for assistance.** Finding help is a key skill needed for learning! Approach your teacher, contact a peer, or use the internet as potential sources for assistance.
6. **Use prior exams as practice tests.** Look for practice exams. Consider asking your teacher, developing questions in a study group, or searching for practice questions on the internet.
7. **Be confident in your abilities to learn** and avoid getting caught in a vicious cycle of self-doubt. Challenges are valuable learning opportunities and where some of the best learning happens. *You've got this!!*

The Night Before

- * Use your last study session as a confidence booster. Remind yourself of what you already know. Resist cramming material at the last minute.
- * Review the exam format and think about what kinds of questions you might have to answer.
- * Take time for yourself and go to bed early. Sleep will help you digest information and better communicate your knowledge of the material.

The Day Of

On the morning of your exam, eat a nutritious breakfast.

Bring a water bottle with you when you write the exam. Staying hydrated helps to maintain focus. Also, chewing gum can help improve concentration, but do it quietly so you don't disrupt the concentration of those around you.

Read over the exam and pay attention to how marks are allocated. Make sure you consider how many marks questions are worth as you decide how much time to spend on each question.

If you are stumped by a question, move on, and come back to it when you are done. Don't let it rattle your confidence; the answer may come to you.

Hand in the the exam when you are confident that your have done your best. Don't feel bad using all the time that's given to you. It's not a race!

If the exam doesn't go as well as you had hoped, take it as an opportunity to reflect on your learning rather than as an indication of failure. Some say that failure occurs when we lose our willingness to improve.

Wildcat Wows!

WILDCAT WOW – To Barb Bell for helping students with technology struggles with their laptops.

WILDCAT WOW – To Jodi for organizing all forms for the Feb. 4 ski trip to Table Mountain.

WILDCAT WOW – In advance to our high school students for returning their textbooks on time and in good shape.

Family Bingo

Complete three or more boxes to be entered to win a prize. Visit and have fun!

Measure ingredients	Help pack lunch 	Eat something red	Try something squishy	Draw your favourite food
Help unpack groceries 	Eat a bumpy veggie	Try a new food	Wash your hands 	Name a crunchy snack
Find a food that starts with the letter B	Read a book about food	Free Space 	Drink 3 cups of water	Make a rainbow with fruits and veggies
 Help clean up	Sort foods by colour and shape	Line up fruits from smallest to largest	Build a sandwich and count the ingredients	Guess a food by smell 
Count seeds in a fruit	Count your bites	Sing a song about food 	Talk about where food comes from	Practice setting the table

Family Literacy Day 2026: Make mealtime family learning time



NWCS SCC – Food Program

This month’s Apple Program Sponsor is **Towering Ridge Farms (Braden & Alex Olson and Cameron & Sara Olson)**. We appreciate your support!

The Apple Program supplies Apples twice a month as well as other healthy snacks. The students look forward to and enjoy these snacks!

If you would be interested in being a sponsor for this program, please contact any SCC Member.

The SCC would like to thank the following NWCS parents who have volunteered their time this month to bake muffins in support of our SCC Muffin Program.

Judy Olson, Janelle Olson, Chantelle Letourneau and Deb Delfrari. We, along with the students, appreciate your time and support!

If any parent or community member would be interested in volunteering to bake for us, please reach out to Janelle Olson.

(306) 774-5280

janelleolson@outlook.com

NWCS January 2026 Final Exam Schedule

Grade/Date	January 26 (Day 5)	January 27 (Day 6)	January 28 (Day 5)	January 29 (Day 6)
8/9	Regular Classes	ELA (Olson)	Math (8-Olson and 9-Davis)	Science (Turk)
10		10 Math (Davis)	ELA 10 (Sawan)	
11/12	ELA A30 (Sawan)	History 20 (Sawan)	Math 11/12 (Thomson)	Physical Science 20 (Bacon)

All exams will be written for a minimum of one hour and in the morning. All exams will be completed by 12:00 that day. **There will be no changes to the exam schedule.** All exams must be written at the day and time on this schedule.

Up Coming Events

January 23	Rijama Café Pizza Sale
February 4	Table Mountain – Grades 4-12
February 13	Panago Pizza Sale
February 16-20	No School
February 27	Rijama Café Pizza Sale
March 4	Table Mountain – Grades 4-9
March 6	Panago Pizza Sale
March 13	PD Day – No School
March 16	No School – In Lieu of Student Parent Teacher Conferences
March 27	Rijama Café Pizza Sale

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.

We are still needing a lot of pictures! Last year, we created a "This is NWCS" family bulletin board in our hallway featuring a "family" picture from each of our NWCS families. We loved it! So did the students, and visitors to our school! So, we are doing it again this year.

This means we need your help again. Please send a 4x6 or 5x7 size "family" picture (this won't be returned to you) or email a digital copy to trish.mcdonald@sunwestsd.ca. **This can be whatever "family" means to you. And, if you have two families, you can send two pictures!** Thanks for your help with this!

NWCS BUS DRIVERS

Jolene Heese (Richards) 306-831-0114 Doug Motz 306-658-3338
Bernie Olson 306-430-4364 Irene Tessmer 306-278-7012
Ryan Webber 306-460-9477 Bob Smith 306-460-6567 (spare driver)
Savannah Schoeler 306-426-7977 (spare driver) Aileen Halter 306-604-9575 (spare driver)
Ray Althouse 306-948-7807 (spare driver) Laura Rohs 306-821-3867 (spare driver)

Sun West School Division has a Guest Rider Policy and Forms, we have these on our school website with the rest of the forms parents need to fill out throughout the school year. In order to use this guest rider program 48 hrs advance notice is needed. Forms must be handed in to the office 2 days prior to students riding another bus and all of the criteria is met.

[Click here](#) to be directed to our school forms on our website.

PANAGO PIZZA LINK – February 13

Deadline to order is Thursday, February 5 at midnight!!!

[PANAGO PIZZA LINK](#)

RIJAMA CAFE PIZZA LINK – February 27

Deadline to order is Thursday, February 12 at midnight!!!

[RIJAMA PIZZA LINK](#)