



## March 11 – 15 at SRHS

*March is Nutrition Month - “Unlock the Potential of Food”  
Drink water to stay hydrated. Refills are free!*

- Monday Course Selection begins this week!  
Students should ensure their username and password works
- Tuesday No G3  
*Learning Center 3:30 – 4:30 p.m.*  
**6:15 p.m. Parent & Sonic Information Session for Course Selection Process**
- Wednesday Assembly schedule  
**Period 1 Course Selection Presentations for Gr 9 – 11 in theatre**  
\*12:20 -1:05 Free Yoga for Sonics in the Gym area
- Thursday No G3  
Grade 10 SPR Course Presentations in English Class  
*6 p.m. SJHS v. JV Ladies Volleyball*
- Friday G3 Schedule – Introduction to Course Selection Input  
Period 2 NBCC presentation  
Noon Q&A Course Selection with Guidance Counsellors *Rm 1119*

**Be prepared to start the input of your course selection for 2019-2020 next week!  
Check out the Course Selection Calendar**

**Come out and enjoy our SRHS JV Ladies Volleyball Tournament**

Vincit qui se vincit – To conquer, one must conquer oneself