



## March 9 – 13, 2020 at SRHS

**March is Nutrition Month** Healthy eating is about food... and so much more. Being mindful is also a big part of healthy eating. [www.nutritionmonth2020.ca](http://www.nutritionmonth2020.ca)

**Course Registration** for 2020-2021 begins this week for our Sonics in Gr 9 – 11.

### Monday

Learning Center 3:30 – 4:30 p.m.

### Tuesday

No G3 – Regular Schedule

### Wednesday

6:15 p.m. SRHS Theatre -  
Parent Information Session for 20-21 Course Registration

### Thursday

No G3 – Assembly Bell Schedule  
Period 1 Grade Level Course Registration Assemblies

**The Great Big Crunch Nutrition Month event**

This is an annual event where students, teachers, parents, politicians and others passionate about food, crunch into apples to promote healthy school food. For more information: <https://foodshare.net/program/crunch/>

### Friday

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