

| Name:          | Announcement:  |
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| John Markovich | An important out of uniform message. Monday, January 22, all students can donate \$2 for an out of uniform in support of our Toonies for Tuition campaign. All money raised will go towards the many programs in our Catholic schools. |

| Announcement:  |
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| <p>On Bell Let's Talk Day, January 24, Lakeshore Catholic will be joining in to help create positive change for mental health. This morning we're sharing with you another action we can all take to help create real change. Nurturing your own well-being by practicing and learning mental health strategies: listen to your mind and body; ask for help and take some time if you are struggling or feeling overwhelmed. You might take a walk, reach out to a friend, or talk to a teacher. Remember, it's okay to not be okay. If you find yourself needing someone to talk to, our youth worker and chaplain are available everyday, here at school. Kids Help Phone is available 24/7. You can text 686868 to speak with a crisis responder. Check the Kids Help Phone website for more mental health resources. Pathstone Mental Health, our Region's primary provider of children's mental health treatment, has 10 walk-in clinics across Niagara that offer same-day service, in person or through a video session. These services are here for you.</p> |
| <p>Attention gators in grades 9, 10, and 11. The Waterloo math contests will be written on Wednesday February 28th during period 2. If interested please register using the sign up sheet on the door of room 606, there is one sign up sheet for each grade. If you would like more information, please ask your math teacher or see Mr. Tonet in room 606 for details.</p>   |
| <p>Attention all cast of Ferris Bueller- Please check your Niagara Catholic email this week for important updates about rehearsal times this week. Don't forget your scripts. Any questions see one of the Directors.</p>  |
| <p>Hey Gators- The Port Colborne operatic society is looking for volunteers to help with this years production Of Something Rotten, taking the stage right here in the LCHS Auditorium this February. They need students to help backstage with sound and stage crew as well as volunteers to be ushers during the evening performances. This is a great opportunity to earn community service hours, perhaps learn a new skill and enjoy a show. Any interested students are asked to please see Ms Aliberti in room 206 for more information.</p>  |
| <p>All members of the senior boys basketball team please meet in room 212 following announcements for a brief meeting</p>  |

There will be no Homework Help this week due to exams. We will restart for semester 2 on Thursday, February 8th. Good luck on final exams!