



March 18 – 22 at SRHS

March is Nutrition Month - “Unlock the Potential of Food”

Add vegetables for supper each evening and aim for them to cover half of your plate.

- Monday Course Selection Input this week
Ensure username and password works
- Tuesday G3 Schedule
Learning Center 3:30 – 4:30 p.m.
6 p.m. St Macs v. JV Ladies Volleyball
6 p.m. Vendors & 7 p.m. Grad Fashion Show in Theatre for \$5
- Wednesday *12:20 -1:05 Free Yoga for Sonics in the Gym area
6 p.m. HVHS v. Varsity Men’s Volleyball
- Thursday G3 Schedule
6 p.m. HVHS v. Varsity Ladies Volleyball
- Friday Student Free Day - Professional Learning for Staff

Check out the **Course Selection Calendar** on our SRHS webpage under Student Tab
<http://web1.nbed.nb.ca/sites/asd-s/1818/Pages/default.aspx>

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