

March 2, 2025

Hello West Bedford High Families,

Congratulations to the WBHS curling team who competed this past week in regionals. Their second place finish secured them a spot in the provincials later this month in New Glasgow. Go Wolves!

Come check out our Cheerleading showcase this Monday at 5:30. See their routines before competition season begins!! All welcome.

### **March is Nutrition Month**

Did you know? March is Nutrition Month! This year's theme, Nourish to Flourish, highlights the important role that food has on our physical, mental and emotional health and well-being.

Whether it's planting an indoor or outdoor garden, cooking together with family, or enjoying a meal with friends, food provides opportunities for building social connections that can support improved feelings of belonging and overall well-being. This is a great time to explore and learn about food. An important part of this is food literacy, which includes having the knowledge and skills to grow, choose, prepare, and talk about food.

Please see information and important dates below for the upcoming weeks.

1. **Grade 10/11 course selection.** Students in grade 10 and 11 will receive time in their extended homeroom class/ teacher advisor period on February 18<sup>th</sup> and February 25<sup>th</sup> to review the course selection booklet for grades 11 and 12. During this time students will review the course selection process with their Teacher Advisor, and write down any questions they may have about the course selection process and use practice selection sheets. On Tuesday March 4<sup>th</sup>, Mrs Williams will be doing a virtual session with all the grade 10 students, and Mr. Fournier will be doing a virtual session with all the grade 11 students. Students will take these sheets home to review and be signed by their parent/guardian. Course selection sheets for all grade 10 and 11 students are due back on Monday March 17<sup>th</sup>. **Please see website for more info: <https://sites.google.com/gnspes.ca/wbhs-school-counsellor-website/course-selection>**
2. **Grade 9 School selection.** Thank you to students who filled out the google form for school and program selection this week. Our school counsellors will be coming to all grade 9 homerooms over the next two weeks to guide students on how to fill out the course selection sheets for both schools and all. All course selection sheets **MUST** be

signed by a parent/guardian and returned to the homeroom teacher by Friday February 21st. This is keeping with our course selection timeline for grade 9 students, please see below for important dates. Please see website for more info: <https://sites.google.com/gnspes.ca/wbhs-school-counsellor-website/course-selection>

**Feb. 10th-21st Counsellors/students review course selection papers**

**Feb. 24th-Mar. 7th Counsellors/students enter selection into PowerSchool**

3. **Halifax Recreation Affordable Access program.** See attached Flyer for more information. [Affordable Access Poster \(002\).pdf](#)
4. **Ear buds/headphones.** Please take a moment to remind your child that Ear buds/Head phones are not permitted in the classroom or hallways. Only areas are cafeteria, library and mezzanine (grades 10/11 during FIT time) as outlined in the cell phone and ear bud/headphone guidelines/policy from the beginning of the year. This also includes homeroom/TA time. Only earbuds/headphones that can be used during class time are those that can be wired into the Chromebook and with teacher permission. **Wireless is not allowed.** Those that do not comply are subject to the Provincial code of conduct.
5. **YEARBOOKS! DON'T MISS OUT, GET YOURS TODAY! YEARBOOKS ARE NOW ON SALE AT THE LOW COST OF \$50. ORDERS CAN BE MADE DIRECTLY THROUGH JOSTEN'S USING THE FOLLOWING LINK: [West Bedford High School 2025 Yearbook](#)**

**Important Dates:**

- **Feb. 24-Mar. 7: Counsellors/students enter selection into PowerSchool**
- **March 6: SAC meeting 6:00 -7:00.**
- **March 8: International Women's Day**
- **March 10-14: March Break**
- **March 21: World Down Syndrome Day**
- **March 21: International Day for the Elimination of Racial Discrimination**
- **March 31: International Transgender Day of Visibility**

Sincerely,

WBH Admin team