



Home of the Cobras!

Our Lady of the Cape

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A message from our Principal

The first week of February was very short; here's to hoping that this week has fewer interruptions!

Our school is undergoing an External Review this week -- four individuals from other schools in the district will comprise a team of reviewers, led by our Senior Education Officer, Mr. Paul Rose, to assess our situation here at OLOC with direct reference to our School Development Plan. They will conduct interviews with members of our school community including teachers, student assistants, students, and our School Council. They will present their findings to us on Wednesday to help guide our efforts as we continue to work to make OLOC the best teaching and learning environment we can.

-- Mr. C. Ivany

What's new this week?

- School will close at 12:00 noon on Wednesday, February 11th for the External Review Team Presentation.
- **We are having a hot lunch on Thursday**, February 12th. Hot dogs: \$1.00 each. Orders must be in by Wednesday!
- Jr. High students will be attending a Mental Health and Addictions Awareness event at Piccadilly Central High on Tuesday, February 10th.
- Our monthly Awards Assembly for January will take place this Friday morning! All are welcome!
- A special thanks to Mary Barter, CYN Coordinator for going above and beyond the call of duty in helping with our hot lunch last Thursday!



A Message from Eastern Health

Teenage years can be tough!

That's why we created Bridge the gAPP, a free mobile app to support mental wellness amongst teens in Newfoundland and Labrador.

Bridge the gAPP has a lot of cool information, including artwork and tips from teens on how to cope with anxiety, break-ups, substance use, school, grief and much more.

Our app also gives you access to a number of mental health resources, videos and helpful phone lines - all at your fingertips.

Download the app today from Apple or Google Play

JR. High Reports

Jr. High report cards will be going home on February 13th. They will be given directly to students before they board the bus; parent teacher meetings will go ahead in March unless otherwise requested.

SCHOOL COUNCIL

Our school council will meet with the External Review Team on Tuesday, February 10th at 3:15pm.

Next Meeting: February

NOTICE:
School will close at
12 NOON on
Wednesday!

