

## ANNOUNCEMENTS – January 22, 2025

### **Bell Let's Talk Day**

January 22, 2025 is Bell Let's Talk Day, a day set aside to raise awareness and money to support youth mental health and to let people know there is support for you.

It's a campaign created by the Canadian telecommunications company Bell Canada in an effort to raise awareness and combat stigma surrounding mental illness in Canada.

You are not alone, always remember that. Reach out and find help, because it's out there! Talk to a friend, trusted adult, even text the hotlines. Just remember you are loved!

### **Sport3**

The grade-6 students who are participating in the Sport3 activities, please bring your permission slips to Mrs. Lake or Mrs. Coffey as soon as possible.