



Here is your **wellness fact of the day** brought to you by Peer Support:
Anxiety is a natural reaction to something scary or difficult.

There is a **Golf Team** meeting today at 11:30 in Mr. Wilson's room. If you are a 15 handicap or less and are interested in being on the Carihi golf team, please attend.

Lindsay Barks, counsellor for **North Island College**, will be at Carihi, Monday, March 15th, 2010, from 9 am to 10:30 am. At that time she will meet with individuals who are interested in NIC and its' programs. If you would like an interview please sign up at Student Services.

Returning Grade 12's – Grade 12's interested in returning to Carihi for course upgrades please sign the list on the counter in Student Services before Tuesday, March 16th.

Attention all students planning on attending **North Island College** next year. Mrs. K has some scholarship and bursary information specific to NIC. See her in Student Services today.

Parks and Recreation will be offering a **Food Safe** Course on Saturday, March 20th at the Community Centre. The cost is \$55. To sign up please call 923-7911.

The **Francophone Association of Campbell River** and the Club Bon Accueil of Powell River are offering a weekend of outdoor activities in French at the Center of Leadership and Adventure in Nature (the Clan). This is free and promises to be lots of fun. It will take place on the weekend of April 9-12th. For more information, see the Modern Languages Bulletin Board or contact the Francophone Association of Campbell River.

Grade 12's: if you are interested in being **valedictorian** for this year's grad, or know anyone who is, please get a Valedictorian Nomination Form from Mrs. K in Student Services. The deadline is March 26th. Let's make this memorable grads!

Grad potluck dinner and talent night is Thursday, March 18th. The deadline for food items and talent is today. The sign up for your food dish and talent can be done at lunch with a grad exec member or with Mrs. K. Buy your tickets for the dance at lunch outside of the office for \$5.