

Ab Ed

Hey Aboriginal Students – Get your field trip forms in – We leave Wed. at 8:15 am

Breakfast Club

Are you at school early? Did you forget breakfast?
Join us in the Massey Café every morning
between 7:45 and 8:15 for free breakfast.

International Students

International Students interested in visiting Seattle, Washington on Monday, April 23rd (Professional Development Day) should go to the International Office in room 166 for more information and to sign up. Space is limited so don't delay!

Denim Day:

Hey NDUB! It's time, break out that Canadian tuxedos like Justin Timberlake and Britney Spears at the American music awards! That's right NDUB! On Weds March 14th its denim day!! Wear denim head to toe and show your school spirit!

UNICEF Club

The UNICEF Club will be holding a coffee and Hot chocolate sale at the Pearson Foyer on Thursday March 15, and Friday March 16th at lunch time. All drinks will be one dollar.

New Comers Club

Hey international students and new immigrants!
Do you want to go skating FOR FREE during
Spring Break? Come to Pearson Foyer and sign up
on Monday, March 12. We'll also give you a
donut if you sign up!

Aboriginal Education

Students attending the grouse Mountain Snowshoeing adventure. Make sure to hand in your field trip forms to Lee in Room 165

Science Challengers Club

To all chemistry experts, your turn to shine is finally here. The CCC (or Canadian Chemistry Contest) will be held April 16. Registration is only open until March 15. Please see Mr. Woo in room 180 for more detail

Best Buddies Club

Do you have the best free throw at Ndub? Join the NWSS Best Buddies Club for our first ever Basketball competition!! Sign-Up in Pearson foyer April 4th, 5th and 6th. Come and shoot as many hoops as you can in one minute, win prizes and cheer on your friends April 10th and 11th in Massey gym at lunch. Watch our senior basketball team players in an exhibition basketball game against the New West Police Department on April 12th in Massey gym @ lunch. Great raffle prizes for all participants and spectators to win!! Did we mention you can buy pizza for only \$2 a slice at our sign-up tables?? See you April 4th, 5th and 6th for our sign-up on Pearson Foyer and April 10th, 11th and 12th in Massey gym!! If you think you have the best free throw Ndub, don't miss your chance to prove it!!

Gardening Club

Spring is just around the corner! Did you know that NWSS has TWO gardens in which we grow food to donate to shelters? Come down to Gardening Club on Mondays at lunch in room 236 (the foods room) to start the growing season with a bang! Bring your friends and be prepared to have some fun!

Chess Club

Do you like chess? Do you want to support and promote chess in Canadian schools? Come down to the Pearson Foyer this Thursday and Friday to buy some cookies and brownies to help support a worthy cause!

Cafeteria MENU

Soup	Potato Chedda Chowda
Short Order	wedge fries or sweet chipotle wraps
Pasta	Italian meat sauce or alfredo
Vegetarian	Vegetable curry with quinoa
Meat Entre	chicken burger with sundried tomato relish
Feature Bakery item	Fresh baked cinnamon buns
Feature Cold Item	Strawberry Kiwi yogurt parfait