

Best Buddies

New West Best Buddies Club meets every Thursday at lunch in room 131. Join us for fun activities and events, which provide friendship opportunities for students with diverse learning needs. Everyone is welcome to join.

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.

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.

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!

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!

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!!

Learning Support Services

Feeling like a treat? Every Wednesday in the Massey hallways, the Sweet & Salty Shop will be selling pop, chip and candy for \$1 each.

Hip Hop Club

Attention Hip Hop Club! Join us this Thursday after school in the Dance studio for our last class before spring break!! This week we have Shibe Khan from the Douglas Hip Hop Club and Street XB Studio! Don't miss out!

Sun Run

If you are interested in volunteering at Sun Run taking place on Sunday, April 22, please sign-in the counselling office by Friday, March 16.

Pick up your two permission forms and return your signed forms to the Counselling office by Wednesday April 4.

There are only 140 spaces available and these fill up quickly so don't delay!

Interact Charity Basketball Tournament

The Interact club is hosting a charity basketball tournament all week long to fundraise for Polio plus! Come support 8 teams of your fellow classmates and friends today at lunch in the large Massey Gym. Entrance is by minimum donation of \$1, and all proceeds to Polio plus. Make sure to come support the teams playing for first place!

Cafeteria MENU

Soup	Curry potato lentil
Short Order	wedge fries or sweet chipotle wraps
Pasta	Spaghetti with meat sauce or alfredo
Vegetarian	
Meat Entre	Prawn and cod cakes with fennel slaw
Feature Bakery item	
Feature Cold Item	Arugala salad with asparagus, cranberries and a ruhbarb vinegrette