

P^{aw}rent News!

May 2021

Acting Principal: Leanda Bruijns
 Acting Vice Principal: Morgan Levesque
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Get ready to #GetReal
CMHA Mental Health Week
May 3-9, 2021
 Visit mentalhealthweek.ca
 for info and tools!

Canadian Mental Health Association
Mental Health for all

#GETREAL about how you feel. #endthestigmaofmentalhealth #MentalHealthWeek

The theme of this year's Mental Health Week is understanding our emotions.

- Feeling sad, angry and anxious at times is part of being human.
- Even if we try to push our difficult feelings down, they don't go away.
- Focusing on intense emotions doesn't make them worse. In fact, one of the best ways to quiet our emotions is to give them a voice.¹
- Bottling up our emotions can make them grow or come out in other ways—not reacting to something negative that happens at work could end up making you more likely to yell at your children later, for example.²
- If your emotions are overwhelming, persistent and/or are interfering with your daily functioning, it's important to seek mental health support.

Kindergarten Orientation

The elementary team is looking forward to this year's kindergarten orientation, taking place on May 21st at 1:15-2:30. This event will include a rotation of activities and a very exciting bus trip! A letter has been sent to each registered child. If you have yet to register your child or know someone who has yet to register their child, please contact the school and we will add them to the list! We hope all pre-K children can join us!

Dates to Remember- Mark your Calendars

May 7	No School – NBTA Council Day
May 17	No School – NBTA Branch Day
May 19	PSSC Meeting 6:30 pm
May 27	Home & School Meeting 9:00 am
May 24	No School – Victoria Day
May 28	Half Day – Whole School
June 14-18	High School Assessment Week
June 21-25	High School Learning Outcomes
June 25	Last Day of Classes

Funny Corner

(brought to you by a Gr. 7 student)



**Why did the teacher wear sunglasses?
 Because her students were so bright!**

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Community School News

As the school year is quickly closing in, I want to thank President's Choice Children's Charity for their support of our breakfast program. This year more than ever, the need for breakfast foods have grown exponentially and we appreciate the contribution that PCC makes to our school! In May, there will be Farm to School on Monday May 3rd, May 10th and May 31st. Mill Cove lunches will be available every Tuesday. And our Wednesday free lunch program will be wrapping up at the end of May! We must send a special thanks to the Brewer Foundation for supporting this program. We hope to continue this next year and will be having a special fundraising drive to keep this program going. Watch for details in the coming month. Of course, we wouldn't be able to offer any of these programs without the help of our AWESOME Culinary class. They cook for breakfast programs, Monday and Wednesday lunches, as well as help out with special events!

Community Food Smart (Covid protocols may change this) will be available for May and June. We will be taking a couple of months off from this program over the summer and readdressing it in the fall. It's a great program, but desperately needs volunteers to keep going. Contact the school for more information and if you'd like to help keep this great program running. We want to say a special THANK YOU to all of school volunteers. Usually in May we would be having our Volunteer Appreciation Lunch, but due to Covid this won't be able to happen this year. We still have lots of volunteers to thank! This includes members of our PSSC, Home & School, Village of Cambridge-Narrows, C-N Regional Library, breakfast volunteers, and our sport and athletic volunteers. Our school truly is an extension of our community and we look forward to when we can welcome everyone back into the school to work with our students!!

ELEMENTARY CORNER



The elementary teachers at C-NCS have been working hard to plan our end of year activities.

Due to COVID restrictions, our options are limited.

Nevertheless, exciting things are ahead!

Your child's teacher will update you on these special events. in the coming weeks! :)

Important Date:
K-5 Science East Presentations



KEEP
CALM
BECAUSE
SCHOOLS ALMOST
ALMOST OVER

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