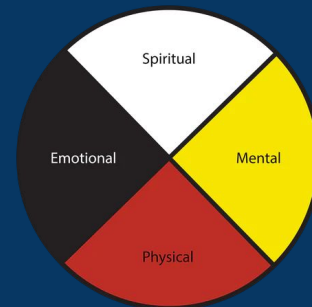




Monday, May 15
Day 1



The Simcoe County District School Board acknowledges that we are situated on the traditional land of the Anishnaabeg people. We acknowledge the enduring presence of First Nations, Metis and Inuit people on this land and are committed to moving forward in the spirit of reconciliation and respect. Stayner is part of Treaty 18. Nottawasaga Purchase, signed on October 17, 1818.



Please stand for the singing of O Canada



School Oath



Today I have an obligation.

No longer will I be silent if you need help.

Silence is participation.

I refuse to participate in the problem.

We are all different, but we all deserve respect.

If you need help, come to me.

If I think you need help, I'm getting involved.

I've got your back.

Good morning, Wolfpack!

The sun is shining, the birds are chirping and we are halfway through the month of May!

Thank you to everyone that was able to contribute to our silent auction baskets for the Family Wellness Night that is this Wednesday evening.

Don't forget that this coming weekend is a long weekend.























Let's have a great week, Wolfpack!





May

- 1 Beltane
Wicca
- 2 Twelfth Day of Ridvan
Bahá'í
- 5 Buddha's Birth Date
Buddhism
- 5 Visak/Buddha Day
Buddhism
- 22 Victoria Day
Canadian Holiday
- 23 Zarathosht-no-diso (SC)
Zoroastrianism
- 24 Declaration of the Báb
Bahá'í
- 25-27 Shavuot
Judaism
- 28 Pentecost
Christianity
- 29 Ascension of Bahá'u'lláh
Bahá'í

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2	3 	4 	5  	6
Tim Hortons Smile Cookie Campaign, Education Week and Mental Health Week						
7	8 	9	10 Basket Items Due 	11 	12 Walk or Wheel to School  	13
14	15 	16	17 Family Wellness Night 	18 	19  	20
21	22 Holiday	23	24 Jr. Track & Field K Night 	25 	26  	27
28	29 	30	31 	Grade 6 EQAO		

Dutch Heritage Month

Jewish Heritage Month

May

Asian Heritage Month

South Asian Heritage
Month

If your family is of Dutch, Asian, South Asian or Jewish heritage and your family would like to contribute to our school community as we learning about your heritage, please have your family reach out to Mrs. Harrison by phone or email. aharrison@scdsb.on.ca or Mrs. Saunders. lsaunders@scdsb.on.ca or reach out to your child's teacher

Family Wellness Night

CMES and our School Council invite all of our families to join us for a Family Wellness Night on **Wednesday, May 17 at 6-8pm**

Silent Auction

Children Will Receive a Gift Bag

Fun Activities Inside and Outside

Self-Regulation Stations



We love our recess Dance Parties!



Listening to music and dancing to music is so fun but it is also healthy for our heart, mind and bodies!

Let's make a couple CMES Wolfpack Playlists!

If you have an idea of a song you would like added to the playlist complete the form below. We are looking for diverse music that is school appropriate. We can even create a dance playlist and a relaxing playlist.

We can't wait to see your ideas!

PLAYLIST IDEAS

At CMES we are always striving to reflect all voices, perspectives and experiences. The Skittle Squad is an inclusive group that supports 2S-LGBTQAIP+ individuals and allies.

This club for is a welcoming space for students and staff to work towards raising awareness and equality for all individuals.


**We meet on Wednesdays
At 12:30 pm in Room 125
Bring your lunch!**



This Wednesday is International Day Against Homophobia, Transphobia and Biphobia.

This year's theme, "Together always: united in diversity."





The following classes will be visiting
the Library **tomorrow (Tuesday)**:

Mr. Bristow at 8:40

Ms. Snedden at 9:20

Mrs. Lighthouse at 10:50

Mrs. Larmer at 1:10

Remember
to bring your
library
books!

Eastern Conference

(Teams will be crossed off once eliminated)



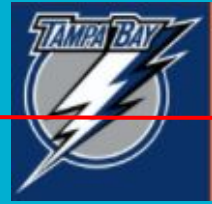
~~Boston Bruins - McLean~~

~~Florida Panthers - Sparling~~



~~Toronto Maple Leafs -
Larmer / Doner-Banks~~

~~Tampa Bay Lightning - Ciurko~~



~~Carolina Hurricanes - Bristow~~

~~New York Islanders -
McKean-Dobbs / Nobre~~



~~New Jersey Devils - Lighthouse~~

~~New York Rangers - Veenstra~~



Western Conference

(Teams will be crossed off once eliminated)



Vegas Golden Knights -
Matanowitsch



~~Edmonton Oilers~~
Teeter / Chandler



~~Colorado Avalanche - Brillinger~~



Dallas Stars - Gulley / Walchuk



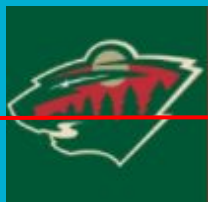
~~Winnipeg Jets - Bradford / Trivino~~



~~Los Angeles Kings - Stormes~~



Seattle Kraken - Emond



~~Minnesota Wild - Snedden~~

#HelloYELLOW Mondays



PAUSE

P

Power Hug

Firm pressure is great for grounding. As you are able, place your left hand on the right shoulder and right hand on your left shoulder then hold.

Squeeze into a gentle hug. You can also try saying an affirmation while doing this exercise.

I am doing my best

I choose to love myself today

I am worthy



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

: #we'vegotyourback #TEAMWOLFPACK

Primary RAKTivist's ideas for us to be kind at CMES.

Make sure people safe

Include everyone

Use people's names

Ask how people are doing



Help others

Give space

Stick up for others

Make people laugh

Play with others

Care about others

RECESS REMINDERS FROM THE OFFICE...



Some important recess reminders for our Wolfpack...

You can play with friends in ways that are safe and fun. That means you can keep your hands and feet to yourself.

You can be creative with games you play and remember to keep them fair and inclusive.

When we do this we can all have a fun recess where everyone feels safe and respected.

Work together because #We'veGotYourBack

**Please do not take food outside at recess.

A graphic featuring two overlapping speech bubbles. The top bubble is yellow and contains the word "SHOUT" in bold, dark blue capital letters. The bottom bubble is light blue and contains the word "OUTS" in bold, dark blue capital letters. The graphic is decorated with several small stars in yellow and light blue, scattered around the bubbles.

SHOUT

OUTS

Wishing our Grade 5
classes a wonderful day at
Ste Marie Among the
Hurons!

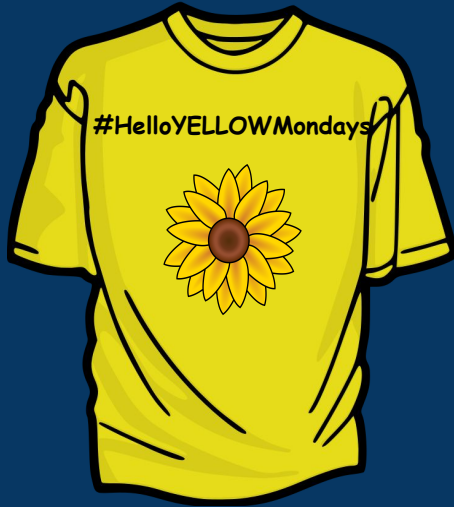
Mindful Moment

Visit the virtual calming room and choose a calming music or video.

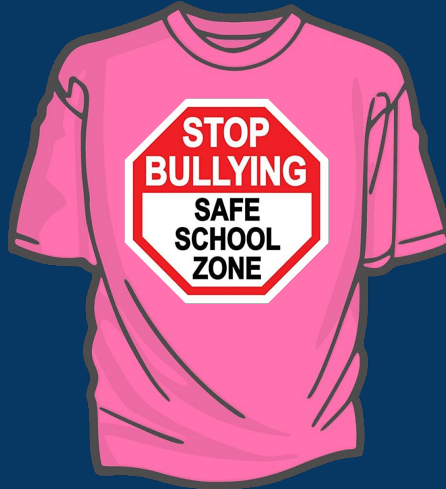


Wear yellow on Mondays

#HelloYELLOWMondays
Whatever you're going through, we are here to listen and help.
#childrensmentalhealth



Wear Pink Wednesdays We encourage you all to wear pink on Wednesdays to show that you take a stand against bullying!



Spirit Day Fridays! Every Friday, make sure to rock our school colours! Please send your pictures to your classroom teachers or share on twitter and tag @CMESWolfpackVP



OKAY
Monday
LET'S DO
Awesome
THINGS