

Monday, May 1 Day 1

Title slide artwork created by Lilly.

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!

We hope you enjoyed your long weekend!

Happy first day of May! We know the next two months will be filled with learning, fun and adventure. This week alone is Mental Health Awareness Week AND Education Week.

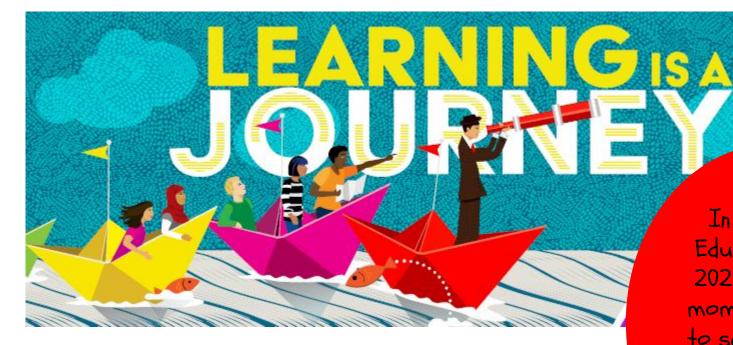
We would like to remind everyone to bring a water bottle to school this way we can be hydrated while reducing waste.

We can't wait to have fun in the sun out at recesses and during outdoor learning time.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	1 Tim	2 Hortons Smile Cook	3 xie Campaign, Educa	4	5 🥡 🕥	6		
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	25	26	27		
28	29	30 Grade 6	31 EQAO					



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. <u>aharrison@scdsb.on.ca</u> or Mrs. Saunders. <u>Isaunders@scdsb.on.ca</u> or reach out to your child's teacher



EDUCATION WEEK 2023

In honour of Education Week 2023, we take a moment each day to say thank you to those that teach and support our students...



On the first day of Education Week, it happens to also be National Principal's Day. We take a moment to recognize Mrs. Saunders and Mrs. Harrison. They share that the role that they have is the greatest of privileges to have, and if thanks is to be shared, then they thank all at Clearview who make this a school of incredible spirit and pride.



AT CLEARVIEW MEADOWS

Clearview Meadows Coping Strategy Activities Week

Monday	Tuesday	Wednesday	Thursday	Friday
Hello Yellow Monday #We'vegot yourb ack	Guided Visualization	SCHOOL WALK TO START OUR DAY at 8:40am!!! WORKOUT WEDNESDAY	thinking cap	

Music Monday



The first of day of our coping and mental well-being strategies is here Wolfpack and today it focuses on music! Did you know that listening to music helps relax our brains and bodies and is guaranteed to lift your mood? So today, we share *The Official Clearview Playlist - Volume 2* with songs that are sure to put a smile on your face and maybe even see some air guitars played!









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



Santé mentale en milieu scolaire Ontario





Silent Auction

Self-Regulation Stations Fun Activities Inside and Outside

Children Will Receive

a Gift Bag

Silent Auction Baskets

Students, please remind your families that we are doing a gift basket silent auction on our Family Wellness Night. We need items brought in to help make the baskets. Each grade has a focus. Please have all items in by **Wednesday, May 10th**.

Educators, you can bring items to put in the baskets that are in the staffroom.



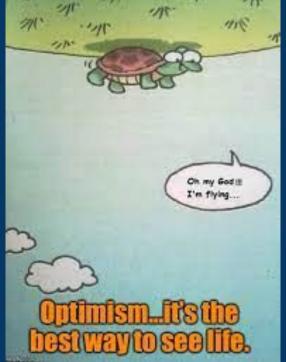
This week is Smile Cookie Week at Tim Hortons. School staff will be at Tim Hortons at 4pm on Thursday if you want to see us decorating cookies. We are very fortunate to have Tim Hortons picking our school to support again this year! If you needed a sign to buy a cookie, this is it!



CLEARVIEW HAS TALENT IS BACK!!!

Time to share your art, music, dance and more to celebrate the wonderful things you do Wolfpack! Submit your videos and pictures by Thursday to your teachers!!!

Quote of the week... This week, find time to discuss this quote. On the slides on Friday, you are invited to include your thoughts about the quote.



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.



The following classes will be visiting the Library **tomorrow (Tuesday,** May 2nd):

Mr. Bristow at 8:40 Ms. Snedden at 9:20 Remember to bring your library books!

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Junior Volleyball!!!

BEST OF LUCK...



Eastern Conference

(Teams will be crossed off once eliminated)



Boston Bruins - McLean



Toronto Maple Leafs -Larmer / Doner-Banks



Carolina Hurricanes - Bristow

New York Islanders -McKean-Dobbs / Nobre

Tampa Bay Lightning - Ciurko

Florida Panthers - Sparling





New Jersey Devils - Lightheart

New York Rangers - Veenstra



nders -Nobre

Western Conference

(Teams will be crossed off once eliminated)



Vegas	Golden	Knights -
Matan	owitsch	



Edmonton Oilers -Teeter / Chandler



Colorado Avalanche - Brillinger



Dallas Stars - Gulley / Walchuk

Winnipeg Jets - Bradford / Trivine



Los Angeles Kings - Stormer



Seattle Kraken - Emond



Minnesota Wild Snedder





GO LEAFS GO !!!

#HelloyELLOWMondays

PAUSE

P

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.

Power Hug

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

School

Ontario

Jental Health

Santé mentale

Ontario

en milieu scolaire

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I am doing my best

I choose to love myself today

I am worthy



#we'vegotyourback #TEAMWOLFPACK

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

Include everyone

Ask how people others

> Stick up for others

Make people laugh

E

KIND

Make sure people safe Use people's names 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.

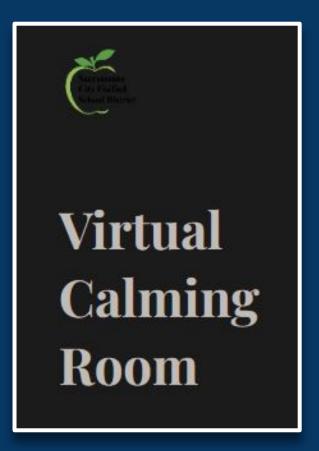
Work together because #We'veGotYourBack

Mr. Bristow, Mrs. Emond and Ms. Ewaski thank you for coaching volleyball!

SHOUT

Mindful Moment

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



Wear yellow on Mondays #HelloYELLOVMondays 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!

STOP BULLYING SAFE SCHOOL ZONE Spirit Day Fridaysl Every Friday, make sure to rock our school colours! Please send your pictures to your classroom teachers or share on twitter and tag @CMESVVolfpackVP

> Clearview Meadows Wolfpack

