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From the Office

Welcome to May!

Hello to everyone. We are hoping you are having a good start to a new month. It's May! Spring is in the air and we love seeing the green grass, the sunshine, and the warmth of a new season. I want to take a brief moment and express my sincere gratitude and appreciation to all our parents and care-givers out there! During this time of a global pandemic, I want to say thanks to you for supporting your children while they work as hard as they can at home. You are all doing the best you can with what you've got. Your diligence and commitment to your child's learning does not go unnoticed and for that we, as an entire staff at Park Meadows School, are grateful. I can understand that some days are easier than others and I want to let you know that it is o.k. and quite normal. We support you, we affirm you, and we appreciate all you are trying to do. Our educational assistants, support staff, and teachers are committed to working alongside you as best as possible. From all of us to you, we say THANKS!

Here are a bunch of trivia questions you may find interesting and can talk about around your dinner table (answers can be found on the second page of this newsletter):

1. True or False: An ostrich's eye is bigger than its brain
2. What is the longest recorded flight of a chicken?
3. What is the most commonly used letter in the English alphabet?
4. Where on the human body is the smallest bone?
5. What is unique about the following sentence: "The quick brown fox jumps over the lazy dog".
6. If you total up all the time it takes to blink your eyes during the course of one day, how many minutes would your eyes be closed? 1 minutes, 5 minutes, or 30 minutes?
7. On average, how many people share your same birthday?

Don't forget about Mother's Day on Sunday, May 10th. Students, make your mom a card, prepare her breakfast, do the dishes without being asked, sing her a song, take her outside for a long walk, offer to take out the recycling. To all our mothers out there... we wish you a pleasant day and hope you have a restful May 10th!

Please continue to reach out to your child's teacher or contact the office if you need questions answered or any other kind of support. We are here to help.

Enjoy, have a great month of May.

-Mr. Mark Blankenstyn, your Principal



Registration for 2020-2021 School Year

The Government of Alberta Department of Education requires student registration forms be completed each year, by parents/guardians. Your child's homeroom teacher will be in touch with you if you have not yet returned your child's registration form for the upcoming school year.

The forms can be found here <https://pm.lethsd.ab.ca/parents/new-to-our-school> and then photographed or scanned and emailed to meadows@lethsd.ab.ca. They can also be mailed to

Park Meadows School, 50 Meadowlark Blvd N, Lethbridge AB T1H 4J4.

If you will not be returning to Park Meadows, please let your homeroom teacher know.

Student Profile Forms

These optional forms are due in the office by May 12. You may choose to complete this form to provide us with any information that we should consider when placing your child in their next homeroom class. This form *is not* to make any teacher requests by name.

[CLICK HERE](#) to download the form.

Answers to Random Facts Questions:

1. *True*
2. *13 seconds*
3. *The letter "e".*
4. *In your ear*
5. *The sentence uses every letter of the English alphabet*
6. *30 minutes*
7. *Around 9 million people*

Microsites and Online Learning

Find resources for your child's online education on our Microsites at <https://pm.lethsd.ab.ca/grade-team-websites>.

If you having difficulty accessing these resources, please contact your child's teacher.

Upcoming Events

May 1—HATS ON for Mental Health, send us your pictures!

May 10—Mother's Day

May 18-19—Victoria Day and PL Day, no schoolwork given

May 27—Bling Theme Day, send us your pictures!



Announcements!

We are excited to announce the newest additions to our school community!

Mr. Ellison and his wife welcomed their baby boy, Edward, in March! (left)

Mrs. Olson and her husband welcomed their baby girl, Emmie, in April! (right)



#GETREAL
MAY 4 - 10, 2020

MENTAL HEALTH AWARENESS WEEK

THIS YEARS THEME IS SOCIAL CONNNECTION
AND ITS IMPORTANCE FOR MENTAL HEALTH

Each day engage in an intentional
activity that allows you to connect
with others in your community

<https://mentalhealthweek.ca/toolkit/>





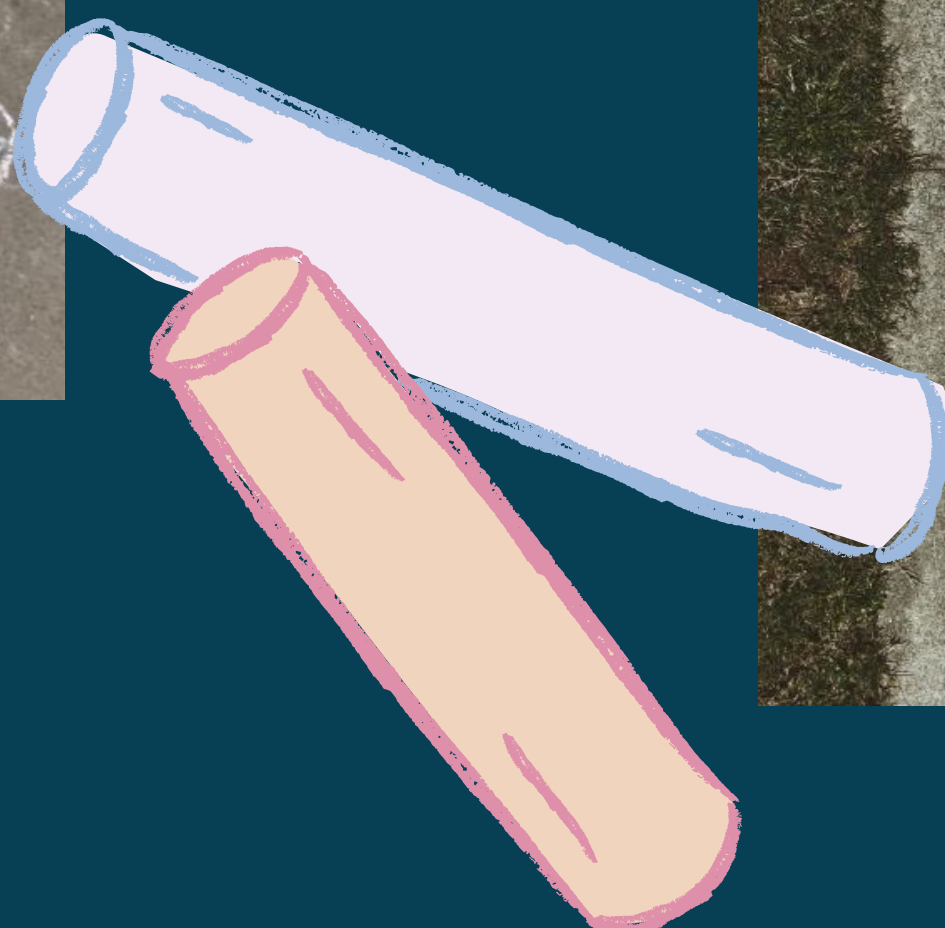
Day 1

Messages of Support

#Chalkyourwalk

What do you want your neighbourhood to know?
What can you say to brighten someones day?

Write, draw and create messages of hope and support on the sidewalks in your neighbourhood. Or go and write a message in front of someones home who you know could use some extra love.





Day 2

One Special Call

Think of someone you miss, or someone you know misses you, and give that person a call.

It's nice to hear the voices of the people we love.

Ask that person how they're doing, share your favourite memory of them, or let them know how much they mean to you. Simple little acts of kindness.





Day 3

Online Movie Night

Find a time for friends to connect online and watch a movie together.

For example, Netflix Party enables friends to watch its shows online, synchronize video playback and a group chat function. There are a variety of apps that can help you watch movies together but it may be easier to find the same movie, and for everyone to just hit 'play' at the same time to watch, and chat throughout the movie using text or another app.

Find the app that works for you and your group, get the popcorn ready and start watching!

<http://health.sunnybrook.ca/covid-19-coronavirus/ways-to-stay-social-despite-the-distance/>





Day 4

Host a Dance Online Party

Nothing lifts the spirit like dancing. Pick your favourite playlist and invite a couple friends or family members to join you for a dance party!

You can dance with your family in the living room or choose to include more people online using apps like zoom or facebook messenger.

You can also find great dance inspiration on Youtube channels like Go Noodle, The Kidboomers, and Kidz Bop.





Day 5

Connect with Self

Think of some ways that you can connect with your own feelings and emotions.

How are you feeling? Spend some quiet time on your own today taking care of yourself.

- Make plans for all of the things you want to do when social distancing is over
- Read
- Play with LEGO
- Do creative writing or journaling
- Have a bubble bath
- Do yoga
- Make a list of all the things you're grateful for
- Try new looks (e.g. with clothing, makeup, etc.)
- Play/make music
- Clean or redecorate your room/living space

<https://kidshelpphone.ca/get-info/how-to-cope-with-social-distancing-during-covid-19>

