



Newsletter

May 2022

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Happy May families of Park Meadows!

We enjoyed the month of April with field trips, presentations, and fabulous weather. The grade 5s connected with Wilson staff and are eagerly anticipating Middle School next year.

As we move into May, we look forward to hot lunch, the Spirit assembly, class activities and planning for next year. Teri and I are also excited to be part of Market Day (our first with Park Meadows!). We are incredibly thankful for School Council – thank you for your time volunteering, supporting our school and being part of monthly conversation! Thank you also to our staff who support learning at the school and continue to make learning an engaging process.

Registration for September is now in full swing, and we encourage you to complete the forms as soon as possible. All students must register for September. Be sure to reach out and give our office a phone call if we can help with the process.

With the warm weather, please remind students to come prepared for the sun by bringing water bottles and hats. Let us work together to make the last two months the best they can be!

Come chat if you want or need!

-Sharon Willms-Laing



Digital Registration

Digital registration forms have been emailed for the 2021/22 school year. You should have already received an email from studentregistrations@lethsd.ab.ca.

Please return the registration no later than Friday, May 7.
If you have not received an email, please contact the office.

Upcoming Events

Tuesday, May 3 — Spring Picture Day / Kinder Grad Photos

Wednesday, May 4 — Kinder Grad Photos

Wednesday, May 4 — Hats On! For Mental Health



Wednesday, May 11 — Boston Pizza Hot Lunch

Friday, May 13 — Online Spirit Assembly

Tuesday, May 17 — School Council Meeting

Monday, May 23 — NO SCHOOL Victoria Day

Tuesday, May 24 — NO SCHOOL for Students

Friday, May 27 — MARKET DAY



**GET
INVOLVED!**

We invite all parents and guardians to join us
at the upcoming *School Council Meeting* on

Tuesday, May 17 at 6:30pm

Click [Here](#) to Join on Microsoft Teams

**Upcoming
hotlunch**

Wednesday, May 11



Boston Pizza®

Last day to order is

Wednesday, May 4 (by noon)

www.schoolcashionline.com

Exciting news!

Park Meadows Parents from Superintendent Cheryl Gilmore

Park meadows parents, I would like to extend my congratulations to Teri Smith who will be continuing in her role as principal at Park Meadows Elementary School for the 2022-2023 school year. Teri has demonstrated exceptional leadership over the course of this school year and I know her strong connection with students and staff and unwavering commitment to quality experiences for students will continue to serve the students and staff of Park Meadows well.

THE LOOP provides you with snapshots of professional development opportunities, community partner updates, child and youth community activities and referral information. The purpose of this newsletter is to share what supports are available in our wonderful city! We hope THE [LOOP](#) helps you to stay informed. Click here for the May edition.



Let there be wellness awareness.

May 2-8 is Mental Health Week.

This year, the focus is on how important empathy is to our mental health and to the relationships around us.

Empathy is the ability to share someone else's feelings or experiences by imagining what it would be like to be in their situation. It's a simple concept but its importance is enormous! Practicing empathy helps us regulate our emotions, connect with others and feel less isolated. Empathy allows us to think of others and look for ways to help. Whether this is chatting with a neighbor, donating to a local non-profit organization or simply picking up groceries for a friend, an act of kindness can go a long way. When we do something good for others, we lift their spirits and our own. Our staff and students will be learning more about empathy and Mental Health this week. On Wednesday May 4th, students and staff are invited to wear a hat to raise awareness of the importance of good mental health. We encourage you to talk with your children about empathy and about sharing their thoughts and feelings on a regular basis. The more communication we all have, the more understanding we gain and increased ability to support.



MOOSE HIDE
CAMPAIGN
CAMPAGNE
MOOSE HIDE

Moose Hide Campaign Day

May 12, 2022



**TAKE ACTION. HELP END
VIOLENCE AGAINST
WOMEN AND CHILDREN.**

Join us online on **May 12, 2022** to support reconciliation and help end violence against all women and children.

On **Moose Hide Campaign Day**, hear from inspiring speakers and workshop facilitators, take part in ceremony and the **#FastToEndViolence**. Wear and share the moose hide pin and organize events in your organization, university, school or community.

Join us and register early at moosehidecampaign.ca

Register here



Email: info@moosehidecampaign.ca
Phone: +1 (250) 882 7018

Address: 209-1100 Admirals Rd.
Victoria, BC, V9A 2P6



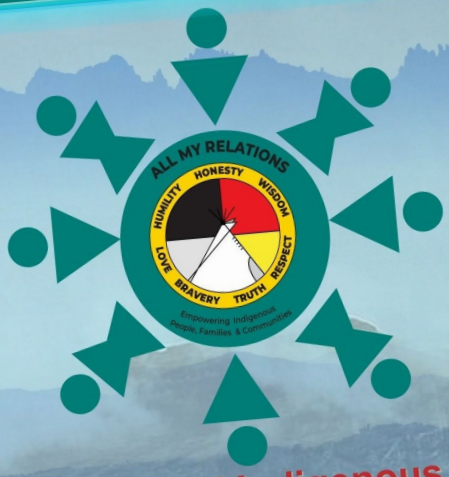


S	M	T	W	T	F	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

June

Every Wednesday @ 5:00PM May 4th - June 29th 2022

All My Relations - Traditional Parenting Program



Blackfoot Elders and Indigenous Facilitators

All Indigenous families are welcome to join & participate. The program offers free children programming, supper & other incentive. Enjoy a sense of belonging & identity while building confidence in raising a healthy family.

www.famcentre.ca/programs

For more information or to register
Please contact: Janine Jackson
403 320 4232 Ext 218 or janine.jackson@famcentre.ca
Family Centre Downtown Suite 225, 200 - 4 Ave South, Lethbridge



Come Celebrate Mental Health Week

#GETREAL ABOUT MENTAL HEALTH!

Free Activity Day @ YMCA



MAY 5, 2022

COME FOR ONE OR ALL ACTIVITIES:

12PM-2PM: FREE SWIM

3PM-5PM: BOUNCY CASTLE/FREE PLAY
HEIGHT RESTRICTIONS 34-60"

6PM-8PM: YOUTH REC ROOM/INDOOR PLAY ACCESS

Stop by the MHCBB booth for your Entry Bracelets!

18+ LIMITED SPACES AVAILABLE
MUST PROVIDE GOVERNMENT ISSUED PHOTO ID
140-74 MAURETANIA RD W, LETHBRIDGE, AB

MHCBB Wellness Team
LETHBRIDGE SCHOOL DIVISION

