

WESTVIEW PUBLIC SCHOOL

MAY 2021 NEWSLETTER

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 Principal - Ms. Cheryl Arcand
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May 2021



Monday	Tuesday	Wednesday	Thursday	Friday
3 PITCH-IN-WEEK MENTAL HEALTH WEEK	4	5	6	7 Happy Mother's Day Sunday, May 9th
10	11	12	13	14
17	18	19	20	21 NO CLASSES
24 VICTORIA DAY NO CLASSES	25	26	27	28 <i>Virtual Heart of the Youth Community Pow wow</i>
31				



PITCH IN WEEK - MAY 3RD TO MAY 7TH

Now that all the snow has melted, Westview staff and students will be pitching in and cleaning up our school ground and neighborhood during the first week in May. We will be talking with our students about the importance of recycling, using garbage, as well as what is safe and unsafe to pick up and throw in the trash.

Please remind your child of important safety tips when they are playing on the school grounds after school hours and on the weekends, including what they should do if they come across unsafe objects such as lighters, glass, or needles.

Thank you for your cooperation and support!

NO SCHOOL - FRIDAY, MAY 21ST AND MONDAY, MAY 24TH

There are no classes for students on **Friday, May 21st** and **Monday, May 24th** - Victoria Day.



PREK & KINDERGARTEN REGISTRATIONS 2021 - 2022

We are now accepting registrations for PreK & Kindergarten for the 2021 - 2022 school year. Forms can be picked up at the school or are available on our website at www.srsd119.ca, click on the Our Schools tab - Westview Public School. (To complete and email this form online, you must use Adobe Reader). If you have any questions please feel free to contact the school at 306-922-4094.

COMMUNITY & SCHOOL ANNOUNCEMENTS

MENTAL HEALTH WEEK - MAY 3 - 9, 2021

This week is Mental Health Week!!!

Mental Health is our feelings, our thoughts, our emotions, and our moods. Everyone knows how to take care of our physical health such as eating right, exercising and going to the doctor

when we aren't feeling well. Looking after our mental health is just as important!! Since you cannot see our mental health we need to talk about it.

Some people may experience mental health problems or illnesses which will need different types of treatment in order for someone to feel mentally healthy. The key is that everyone can improve their mental health and well-being, whether or not they are experiencing symptoms of mental health problems or illnesses.

This week we will have a tip each day to help us take care of our own **MENTAL HEALTH!**

Monday: Get outside, get some fresh air and be active.

Tuesday: Eat healthy and get plenty of sleep.

Wednesday: Connect digitally with someone who makes you feel good.

Thursday: Do something you enjoy - like riding your bike, reading a book or drawing.

Friday: If you are struggling with your mental health and need someone to talk to, make sure you reach out. You are never alone!! Share your feelings with a safe adult in your life.

At Westview there are many people to talk to like Miss Kaley, Miss Susan, and Miss Crawford. Their offices are safe spaces you can go when you are having a hard time. There are so many helpful adults at Westview who care and who are here to help.



Get ready to #GetReal about how...

mentalhealthweek.ca

