

WESTVIEW PUBLIC SCHOOL

MAY 2023



May 2023



Monday	Tuesday	Wednesday	Thursday	Friday
1 Mental Health Week	2	3	4	5 Walk-a-Thon Pledge Forms Go Home Grades 7W & 7/8 V to PACI outdoor concert 12:30 - 2:20
8 Pitch In Week	9	10	11	12
15 Happy Mother's Day Sunday, May 14th	16 SCC Meeting at 6 p.m. KG & WV Track & Field Meet @ Carlton for grades 5W, 6R, 7W & 7/8V	17	18	19 NO CLASSES
22 VICTORIA DAY NO CLASSES	23	24	25	26 Heart of the Youth Community Pow Wow @ Kinsmen Park 10:00 - 2:00
29 Pride Week (May 29th to June 4th)	30			Track and Field Practices: Monday and Wednesday - after school until 4:00 for students in grade 5 to 8



FOLLOW US ON FACEBOOK

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 Principal - Ms. Cheryl Arcand
 Vice Principal - Mr. Matt Bergen

MORNING GYM CHANGE - EFFECTIVE MAY 1ST

April 28th will be the last day for our INDOOR Morning Gym. Starting **Monday, May 1st** Westview School Mentor, Mr. Abe will now be taking Morning Gym OUTDOORS to the basketball court area each school day morning at 8:00 a.m., weather permitting. If you have any questions please call the school.



WALK-A-THON PLEDGE SHEETS GO HOME FRIDAY, MAY 5TH

Westview is excited to announce that we will be hosting a **Walk-a-Thon on June 16th**. The funds raised from the Walk-a-Thon will go towards new playground equipment. We hope that you will join us in making this event a success by encouraging your child to participate and by helping us spread the word. Each student will be given a pledge form to collect donations from family and friends. We encourage all students to set a personal goal and to try their best to achieve it. There will be prizes for the top fundraisers, as well as for the class that raises the most money.



SCHOOL COMMUNITY COUNCIL MEETING - TUESDAY, MAY 16TH, 2023

Our next SCC meeting will be held on **Tuesday, May 16th at 6:00 pm** in the library. Please feel welcome to attend and bring your suggestions for making improvements to our school. When parents and school staff work together as a team, the student benefits!



PITCH IN WEEK - MAY 8 - MAY 13

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 2nd week in May. We will be talking with our students about the importance of recycling, using garbage cans for trash, 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!



TRACK SEASON HAS STARTED!

We will be having practices on Monday and Wednesday after school until 4:00 for students in grade 5 to 8. Our Westview track meet will be on May 16 with King George Public School at the Harry Jerome Track. All grade 5 to 8 classes will be attending. There is also a Division track meet on June 6th and 7th. This is only for the students who are on the track team. In order to be on the track team, students must come to at least 6 practices. We look forward to some fun in the sun out on the track!!



NO SCHOOL - FRIDAY, MAY 19TH AND MONDAY, MAY 22TH

There are no classes for students on **Friday, May 19th** - Day in lieu of PTI and **Monday, May 22nd** - Victoria Day.



PREK & KINDERGARTEN REGISTRATIONS 2023 - 2024

We are now accepting registrations for PreK & Kindergarten for the 2023 - 2024 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

HEART OF THE YOUTH COMMUNITY POW WOW

The Heart of the Youth Community Pow Wow will be held on **Friday May 26, 2023 at Kinsmen Park** from 10:00 a.m. to 2:00 p.m.



Cinco de Mind-O: *Music for the Mind*

May 5 @ 12:30 -
3:30pm

PACI Schoolground



Socially Distant | Heartwarming | LJ Tyson

CANADIAN MENTAL HEALTH WEEK - MAY 1ST - 7TH, 2023

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 Crawford and Mr. Abe. 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.

[HTTPS://CMHA.CA/EVENT/CMHA-MENTAL-HEALTH-WEEK/](https://cmha.ca/event/cmha-mental-health-week/)



ALL-STAR PACE CHEERLEADING

INTRO TO CHEER

**BOYS & GIRLS
AGES 4-18
(BY DEC 31/24)**

\$10 per session & waiver form (found on our website)
Wear gym clothes, indoor shoes
& bring a water bottle

**CARLTON PARK
COMMUNITY CLUB**

**3100 DUNN DRIVE
6:00-7:00 PM**

**Dates:
April 24/25/26
May 15/16/17
June 12/13/14**

www.pacecheerleading.com

The poster features a vibrant design with purple and green stars and lightning bolts. It includes two photographs of cheerleaders in black uniforms with 'PACE' on the front. One photo shows a group posing on a blue mat, and the other shows a group on a wooden staircase.

