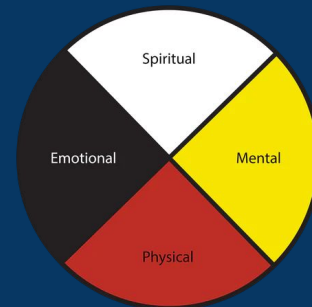




Monday, April 17  
Day 2

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.



# April

Sikh Heritage Month  
 2-World Autism Awareness Day  
 4- Mahavir Jayanti (Birthday)  
 6-8- Theravāda New Year  
 6-13- Pesach (Passover)

7- Good Friday  
 8- Farvardegan  
 9- Easter  
 9- Vimy Ridge Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 CMES Skate at 6-7pm	4	5	6 	7 Holiday No School	8
9	10 Holiday No School	11	12 Day of Pink Gr. 3 Swim 	13 	14 	15
16	17 	18	19 Gr. 3 Swim 	20 Movie Night 	21 Blue/Green Day	22 Earth Day 
23	24 	25	26 Gr. 3 Swim 	27 	28 PA DAY	29



Join our Student  
Ambassador Team for  
Family Movie Night on  
Thursday April 20th!!!

6-8pm

Snacks for sale as well!

An adult needs to be with  
you.

**Good morning, Wolfpack!**

**As you know, April is Autism Awareness Month. As we continue to 'Celebrate the Spectrum', this week we are all going to work together to create a school wide chain of strengths.**

**The next few slides will explain what we are doing. We can't wait to see the final product, we know families will love to see it at our Movie Night this week!**



## Our Learning Continues...

The Celebrate the Spectrum campaign aims to unite school communities in supporting autistic people and generating excitement in students about raising awareness about and acceptance of autism. This activity is meant to engage your class or your whole school in a fun and creative art project while inviting your students to think about the importance of inclusion and understanding of autism within their school.

The intention of this activity is to show students that, although each person is uniquely one of a kind, we all have strengths worth celebrating. When placed together, the links can create a beautiful display of the diverse strengths within your classroom or school.



[This link](#) will take you to some pages with strengths that are separated by categories. Educators please print enough out for your class.

Each category will need to be coloured by a different colour:

- Character Strengths - Red
- Social Strengths - Orange
- Language Strengths - Yellow
- Reading Strengths - Green
- Math and Logic Strengths - Light Blue
- Study Strengths - Dark Blue
- Other Strengths and Talents - Purple

If you don't see a strength that you have listed, you can add it to a blank strip.

Choose 3-5 strengths that mean a lot to you and who you are as a person.

Make a chain with your strengths.

Create a class chain.

Once the class chain is completed, bring the chain to the office so we can create a school wide chain.

Here is a video to help explain the task:



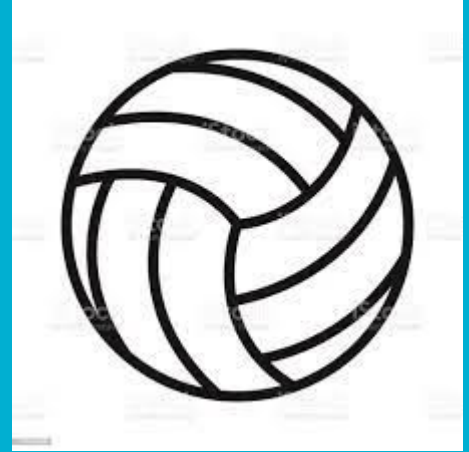
# Quote of the week...

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

THERE is a  
difference  
BETWEEN  
not knowing AND  
NOT KNOWING YET.

- Shelia Tobias

# Junior Volleyball!!!



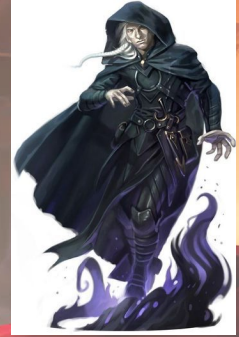
## **GIRLS -**

— Quick Meeting 2nd Break  
in Mr. B.'s portable, then  
game at Worsley in Wasaga Beach - be  
there for 3:40 pm!

**BOYS - practice after school!**



Dungeons and Dragons is a fantasy role-playing game. Players role-play adventuring characters such as an elf warlock or dwarf paladin.



Dungeons and Dragons club meeting tomorrow (day 3) in the Library

10:10-10:50

Taylor  
Abby  
Kinsey  
Amelia  
Quinlyn  
Breanne  
Lily-Jane

12:30-1:10

Maren  
Nate  
Kai  
William  
Ginelle  
Hannah



**Playoffs begin!!!**

**Wear your blue  
and white colours  
tomorrow for  
Game Day!!!**


**GO LEAFS GO!!!**

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.

**We meet on Wednesdays  
At 12:30 pm in Room 125  
Bring your lunch!**





The following classes will be visiting  
the Library **tomorrow (Tuesday):**

Ms. Brady at 8:45

Mrs. Teeter/Mrs. Chandler at 9:20

Mrs. Gulley/Mrs. Walchuk at 11:40

Mrs. Bradford/Ms. Trivino at 1:10

Remember  
to bring your  
library  
books!



#HelloYELLOW Mondays



## PAUSE

P

### Power Hug

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.

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

*I am doing my best*

*I choose to love myself today*

*I am worthy*



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

: #we'vegotyourback #TEAMWOLFPACK

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

**Make sure people safe**

**Include everyone**

**Use people's names**

**Ask how people are doing**



**Help others**

**Give space**

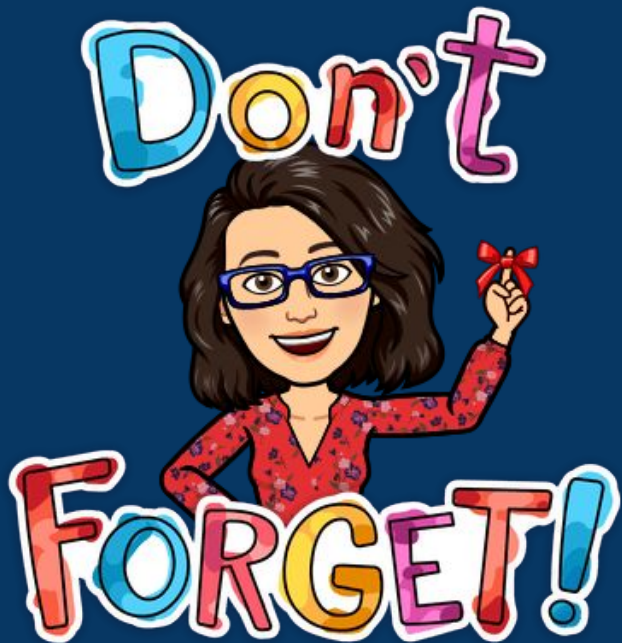
**Stick up for others**

**Make people laugh**

**Play with 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.

You cannot pick up a friend or give each other piggyback rides as our feet need to be on the ground to keep us safe.

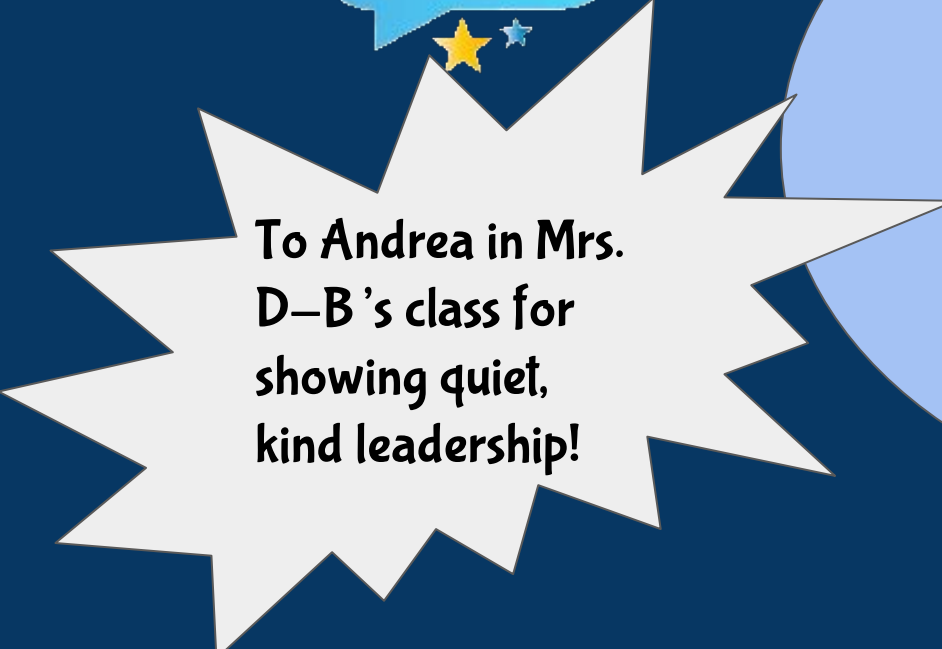
When we do this we can all have a fun recess where everyone feels safe and respected.

Work together because #We'veGotYourBack


A graphic with the words "SHOUT" and "OUTS" in speech bubbles. "SHOUT" is in a yellow bubble and "OUTS" is in a light blue bubble. There are several yellow and light blue stars scattered around the bubbles.

**SHOUT**

**OUTS**

A white starburst shape with multiple points, containing text.

To Andrea in Mrs.  
D-B's class for  
showing quiet,  
kind leadership!

A large, light blue oval shape containing text.

Thank you to the  
KINDNESS CLUB  
for the amazing Dance  
Party on Friday. We  
had so much fun!

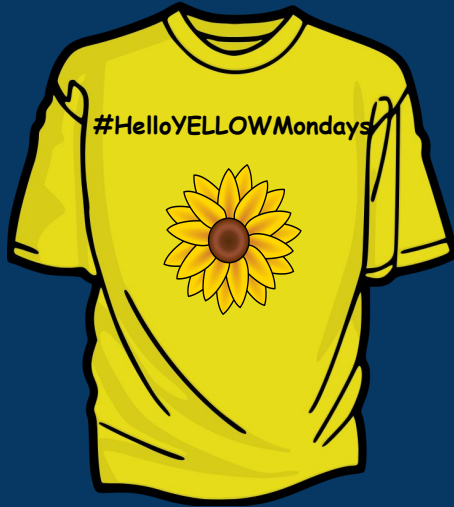
# Mindful Moment

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



## Wear yellow on Mondays

#HelloYELLOWMondays  
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!



## Spirit Day Fridays!

Every Friday, make sure to rock our school colours! Please send your pictures to your classroom teachers or share on twitter and tag @CMESWolfpackVP



OKAY  
*Monday*  
LET'S DO  
*Awesome*  
THINGS