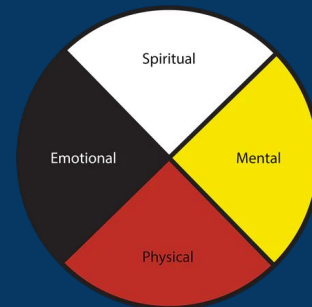




Monday, March 6
Day 4



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.

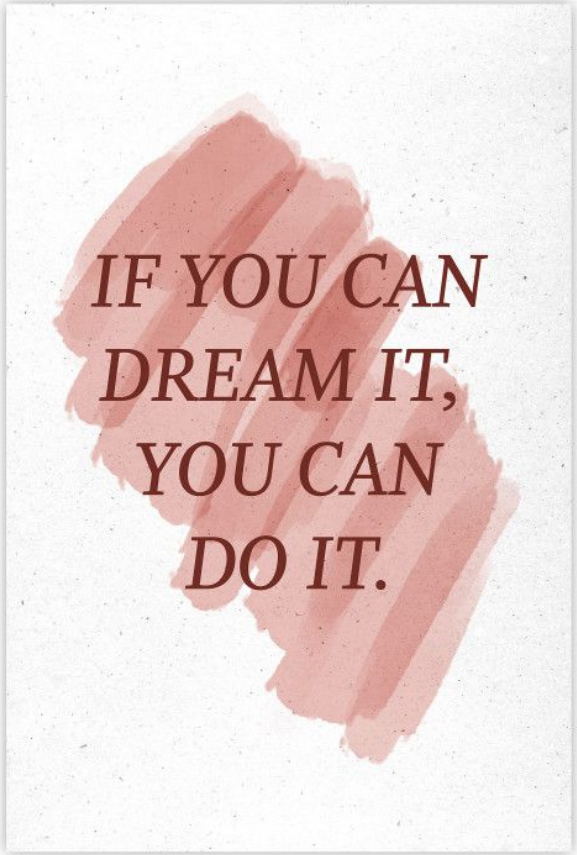
We are all different, but we all deserve respect.

If you need help, come to me.

If I think you need help, I'm getting involved.

I've got your back.

Quote of the day...



IF YOU CAN
DREAM IT,
YOU CAN
DO IT.

Good morning and happy Monday, Wolfpack!

We are excited to be back at school today.

This week is going to be full of adventure and opportunities. Thanks to our ambassadors, today we have our Hello Yellow Monday Treat day.

We wish the Chess team the best of luck at today's tournament.

We know this week will be a great week! We wish all of our staff, students and families a restful March Break.



CLEARVIEW HAS



Our search for amazing talent has returned Wolfpack!

We are looking for music, art and more that only you can do so well!


Send your submissions to your teachers by Wednesday March 8th as we share your great work on our Friday March 10th announcements!!!

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**:

Mr. Cieurko's class at 10:50

Mrs. McKean-Dobbs/Mrs. Nobre at 11:40

Mrs. McLean 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

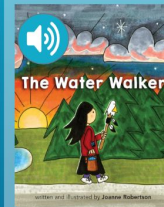
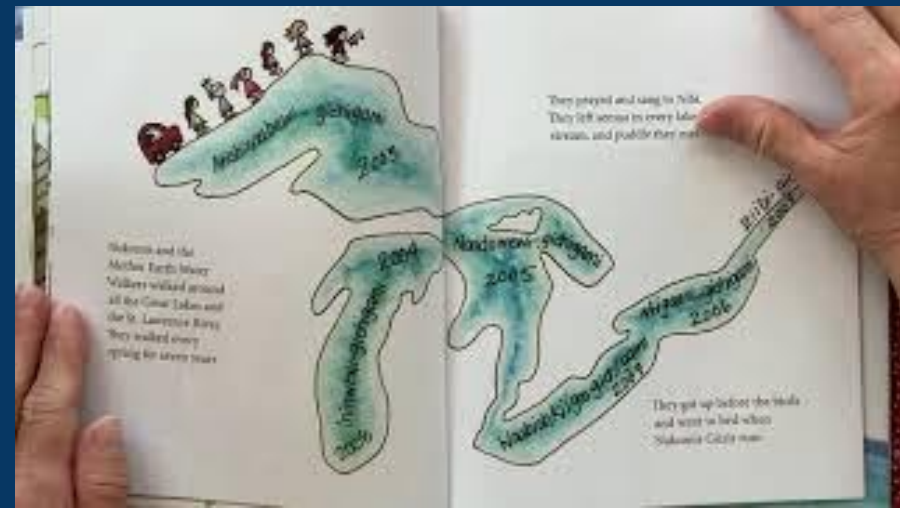
Literacy Learning

Examine this Unlearn Poster. What are your thoughts? This poster will be hanging in the rotunda. When you have a moment, add your thoughts on a sticky note and put it up around the poster.



Special Guest Author

This week we will listen to author Joanne Robertson read her book, *The Water Walker*. There is a connected choice board that you can make use of if you have some spare time during the week.



The Water Walker

Click the book cover to hear the author and illustrator, Joanne Robertson read her book.

This story is about a determined Ojibwe Grandmother (Nokomis) and her great love for Nibi (water). Nokomis walks to raise awareness of our need to protect Nibi for future generations, and for all life on the planet.

Unit 4: CONNECTION TO THE LAND WATER IS LIFE



WONDER

Have you ever wondered:

- how water is purified?
- how water filters work?
- if everyone has access to clean water?



SCDSB
Water Walk



MOVE

Get outside and see how many items you can find in this water scavenger hunt!



HANDS ON

Learn more about water by doing one of these simple water experiments with an adult.



TAKE ACTION

How will you help protect Nibi? Choose an action and then share it with your class.



Appropriation
Vs Appreciation

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 can play in the snow and have fun building, rolling and running while keeping snow on the ground.

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

Work together because #We'veGotYourBack

A graphic featuring two overlapping speech bubbles. The top bubble is yellow and contains the word "SHOUT" in bold, dark blue capital letters. The bottom bubble is light blue and contains the word "OUTS" in bold, dark blue capital letters. Surrounding the bubbles are several small stars in yellow and light blue.

SHOUT

OUTS

Congratulations to all of
the students representing
our school at the area
Chess Tournament today!

Haarlem - for being an
incredible leader with a
younger student.

Mindful Moment

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



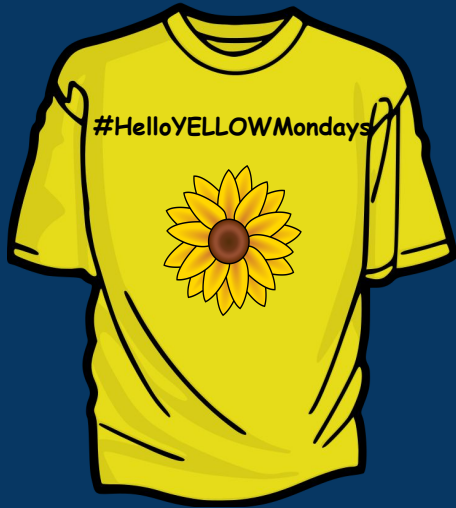


*What's on
this month*

- Women's History Month
- Pizza Days Thursdays
- Yellow Mondays, Pink Wednesdays and School Colours Fridays
- Area Chess Tournament March 6th
- International Womens' Day March 8th
- Winterfest - Junior Play Day - March 9th
- March Break March 13-17th
- World Down Syndrome Day March 21st (Rock Your Socks)
- Ramadan begins March 22nd
- Earth Hour March 25th
- International Holocaust Remembrance Day March 27th
- Decades Day and Assembly March 30th

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