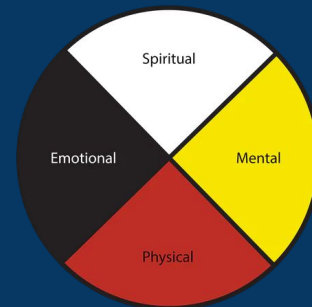




Thursday, May 4  
Day 4



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 (please pick one)



# 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.



# May

- 1 Beltane  
Wicca
- 2 Twelfth Day of Ridvan  
Bahá'í
- 5 Buddha's Birth Date  
Buddhism
- 5 Visak/Buddha Day  
Buddhism
- 22 Victoria Day  
Canadian Holiday
- 23 Zarathosht-no-diso (SC)  
Zoroastrianism
- 24 Declaration of the Báb  
Bahá'í
- 25-27 Shavuot  
Judaism
- 28 Pentecost  
Christianity
- 29 Ascension of Bahá'u'lláh  
Bahá'í

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2	3 	4 	5  	6
Tim Hortons Smile Cookie Campaign, Education Week and Mental Health Week						
7	8 	9	10 Basket Items Due 	11 	12 Walk or Wheel to School  	13
14	15 	16	17 Family Wellness Night 	18 	19  	20
21	22 Holiday 	23	24 Jr. Track & Field Welcome to Kindergarten 	25 	26  	27
28	29 	30	31 			



**EDUCATION WEEK 2023**

In honour of Education Week 2023, we take a moment each day to say thank you to those that teach and support our students...

Thank you,  
teachers!



Today we thank our amazing teachers at Clearview for continuing to do the incredible things they do wherever their classroom has been this year.

From lessons taught that excite and inspire, to the time and care they take to just connect and listen, we just appreciate all they do and say thank you...



thank  
you

Thank you is simply not enough to say to our incredible Office team of Mrs. MacIntryre and Mrs. Kopacz and our Custodial Team of Mrs. Judd, Mr. Wedge and Mrs. Franks. From the support they give in so many ways that make us so lucky to be at Clearview, today we share a huge thank you for all they do and the care they show us all.





# MENTAL HEALTH AWARENESS WEEK

AT CLEARVIEW MEADOWS

# Clearview Meadows Coping Strategy Activities Week

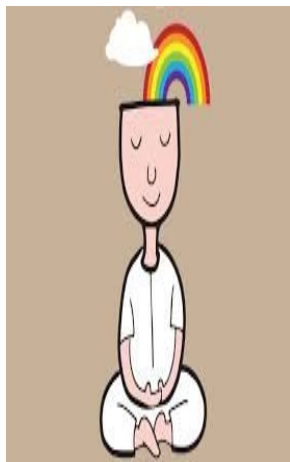
Monday

MUSIC  
MONDAY

Hello Yellow  
Monday  
#We'vegotyourback

Tuesday

**Guided Visualization**



Wednesday

SCHOOL WALK TO START OUR  
DAY at 8:40am!!!

WORKOUT  
WEDNESDAY

Thursday



Friday



# THURSDAY



What a week we have had so far Wolfpack, and today we ask that you put your thinking caps on for this coping strategy! **Did you know that writing things down or keeping a journal helps your thoughts and feelings from swirling around in our minds? Getting the ideas out can help you feel in control and make you calmer as you write.** Thinking of this well-being strategy, and the others we have tried this week, with your class complete a page on the Wolfpack Jamboard of the best strategies you use or have tried that has helped you and your well-being!

Kindergarten

Primary

Junior



# Asian Heritage Month





The definition of "Asian" may be inclusive and broad, and applies to people who come from or whose ancestors come from:

**East Asia**- China, Hong Kong S.A.R., Japan, Mongolia, North Korea, South Korea, Taiwan.

**South Asia** - Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan, Sri Lanka.

**Central Asia** - Afghanistan, Kazakhstan, Kyrgyzstan, Tajikistan, Turkmenistan, Uzbekistan.

**Southeast Asia** - Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Singapore, Thailand, Vietnam.

**Western Asia** - Armenia, Azerbaijan, Bahrain, Cyprus, Georgia, Iran, Iraq, Israel, Jordan, Kuwait, Lebanon, Oman, Palestine, Qatar, Saudi Arabia, Syria, Turkey, United Arab Emirates, Yemen.

This week is Smile Cookie Week at Tim Hortons. School staff will be at Tim Hortons at 4pm TODAY, if you want to see us decorating cookies. We are very fortunate to have Tim Hortons picking our school to support again this year! If you needed a sign to buy a cookie, this is it!



# Family Wellness Night

CMES and our School Council invite all of our families to join us for a Family Wellness Night on **Wednesday, May 17 at 6-8pm**

Silent Auction

Children Will Receive a Gift Bag

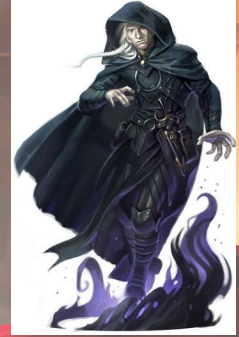
Fun Activities Inside and Outside

Self-Regulation Stations






**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, Friday (day 3) 10:10-10:50 in room 127.**





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

Mr. Ciurko's class at 10:50

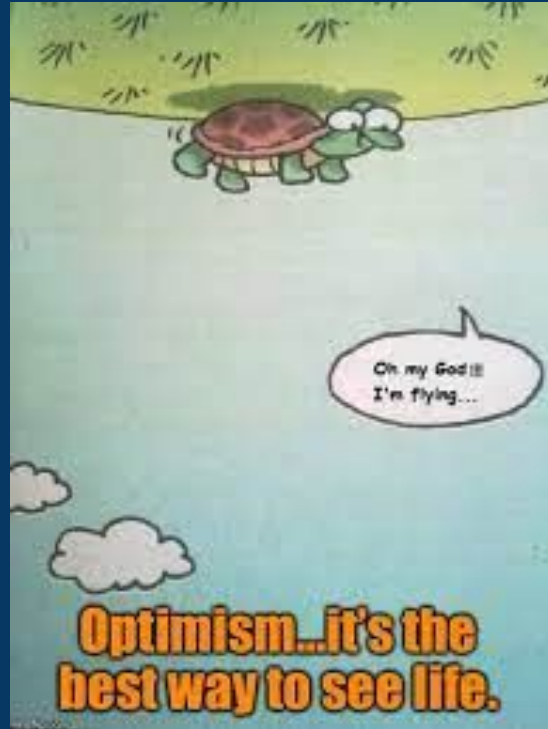
Mrs. McKean-Dobbs/Mrs. Nobre at 11:40

Mrs. McLean's class at 1:10

Remember  
to bring your  
library  
books!

# Quote of the week...

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



# KINDNESS CLUB

There will be a Kindness Club meeting tomorrow at second break.

Bring your lunch and be ready to go outside for recess.





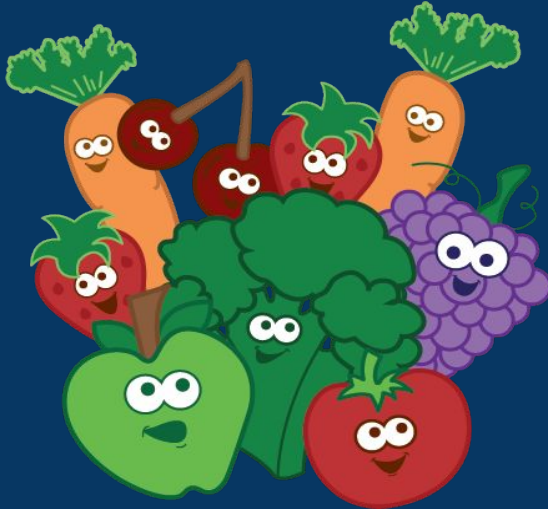
Tomorrow is POPCORN  
DAY!  
Don't forget \$2 if you  
would like to purchase a  
bag.





**COMPOST and  
RECYCLING  
THURSDAY!**

*Bring your buckets  
down after 2nd break*



## LUNCH REMINDERS...

- \*You are to be **sitting down** at your desk eating your lunch.
- \*When you are done eating, you are to wait for the duty teacher to tell you to put your lunch away.
- \*There is **NO SHARING OF FOOD**. We have many students that have allergies and **we can only eat what our families pack us to eat.**

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

**SHOUT**

**OUTS**

A HUGE Thank you to  
Mrs. Coombes, for  
helping Mrs.  
Lighthouse's class with  
tech issues :)

# RECESS REMINDERS FROM THE OFFICE...



Some important recess reminders for our Wolfpack...

Lately we have had a lot of people using their hands to solve problems at recess. When we do this, we make our problems bigger.

If you have a problem with someone at recess, use your words to work it out. If you need more help solving the problem, find one of the adults wearing a bright orange vest. They can help you work through the problem.

When we keep our problems small we can all have fun at recess.



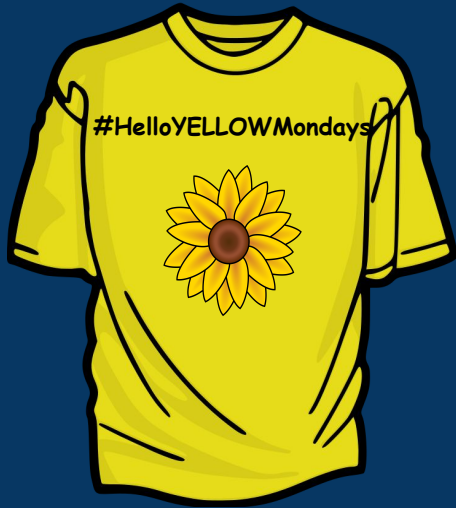
# Mindful Moment

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



## THURSDAY REMINDERS

Chase goals, not people

Celebrate your small wins

Take a break if you need it

Do something that makes you feel good

Learn something in everything

[OurMindfulLife.com](https://www.ourmindfullife.com)