

November 2021

## Principal's Message

For the first two months of the year, many of our classes have been working on practicing gratitude. Actively practicing gratitude through gratitude journals, gratitude jars or just trying to name something each day to be grateful for has been shown to have a positive impact on mental wellness, improves how we interact with those around us and can even improve how we sleep! Practicing gratitude doesn't mean that we never have hard days, or that we can't be upset about things, but it does help us recognize some of the little things we might be taking for granted.

In keeping with the theme of gratitude: We have been so grateful for our parent and teacher volleyball coaches over the last number of weeks! These volunteers have spent time teaching the volleyball basics to our students. Thank you for your hard work!

October was a busy month with various opportunities for students. The yearbook team for grade 7's and 8's started up, our grade 5 Mini-MAC (Making a Change) group has started meeting, Grade 6's had a learning trip to Harv's Air, Grade 7 and 8 volleyball is underway and we held a few dress up days for our School Spirit Week. We do want to give special recognition to all the students and families who donated to our Terry Fox Run in September. The final amount raised was: \$ 2707.60!

**Stay tuned for information that will be sent out in the next few days about an upcoming fundraiser!** It has been almost 2 years since our last fundraiser and we have a few projects that could benefit from some fundraising funds. Including improvements to our sound system and some repairs to our playground.

Parent Teacher Conferences are scheduled for Thursday, November 18. These will be virtual conferences, via Zoom or over the phone if you prefer. **Sign up for a Parent Teacher Conference online on Parent Portal or by calling the school at 204-346-9644.** If you'd like to meet with a teacher other than your child's homeroom teacher (ex: Home Ec or Tech Ed, Music, French, Phys Ed, Band, etc...), please call the school and we will make those appointments for you.

**Please remember that there is NO SCHOOL on Thursday, November 11 (Remembrance Day) or Friday, November 12 (Admin Day).**

Finally, we want to thank all parents and families of CMS students for your care and support during the first months of school. You have been patient as you wait in traffic at the end of the day to pick up your child(ren), and you have been understanding when protocols mean your child needs to stay home. We know there are many aspects about this year that may not be easy for parents/caregivers. Thank you for your ongoing, positive interactions with us. We really appreciate it!

## **A Few Procedural Reminders**

1. Biking and walking safety. We have a crossing guard at the Hespeler/Barkman/Ashford intersection at 8:30 a.m. Please ask your child(ren) to time their walk to school in order to arrive at that intersection after 8:30 a.m..

2. Thanks to everyone for working with us on heavy traffic days. On busy days, it can be a bit challenging to move all the cars as quickly as we wish, and we really do appreciate your patience and understanding.