

May 2022

## **Principal's Message**

Spring has sprung! We have had some beautiful weather in the last two weeks, and a lot of rain too! And, as we gear up towards summer we have a lot of exciting events for students. We hope that these events will be positive learning experiences for our students.

### April Update

We had over 100 Grade 7 & 8 students participate in our after school badminton teams. Many of these represented CMS at our divisional badminton tournament. Those that qualified through the divisional tournament then competed at the divisional badminton playoffs. Our students all represented our school incredibly well, both in their on-court performance and in their sportsmanship. We are very proud of all of them!

Mr. Kornelsen, Ms. Tate, Ms. Riopka and all the Grade 7 & 8 students on the yearbook design and photographer teams worked frantically in April putting the finishing touches on our yearbook! Yearbooks will be delivered to the school at some point in June. Stay tuned!

### May - Looking Ahead

Microwaves will be making their way back into classrooms starting on Tuesday, May 10! Students will be completing a Microwave Safety mini course. Once that has been completed, microwaves will be available for them to use. A reminder to parents, please ensure that you are sending microwave safe containers with your child. Also, line ups for microwaves are anticipated to be fairly lengthy, especially as we first get this up and running. Students are reminded to prepare to be patient.

Sports events play a big role at CMS now that the weather has turned a bit nicer. Grade 7 & 8 students who have signed up to be on our Dragon Boat team will have a full day practice on May 30 and will compete at the Dragon Boat competition on June 5. Grade 5 and 6 students will participate with their homeroom classes at our CMS Track and Field Meets. The Grade 6 Meet will be on May 24 and the Grade 5 Meet will be on May 25. Students who meet specific standards during those meets will be invited to compete at the Grade 5/6 Divisional Track Meet on May 31. Finally, Grade 7 & 8 students who join the Track and Field Team will participate at the Grade 7/8 Divisional Meet on June 2.

Learning Partner Sheets were sent home to parents on May 5 and are due back on May 11. Parents are asked to talk through student choices with their child. Students are asked to include a minimum of 5 names on their Learning Partners Sheet in order for us to be confident that we can place them with a least one of their listed learning partners.

Our Grade 5 Mini MAC (Making a Change) group is selling ice cream treats every Wednesday in May. All proceeds will go to supporting our **CMS Kindness Fund**. Our CMS Kindness Fund is used to bring a little bit of care to families of our CMS students who are going through a really difficult time. Sometimes members of our own CMS students go through the loss of a parent or sibling, experience a significant health crisis or lose a home, etc.... Often we want to help out for struggles in different parts of the world when, in fact, our world begins right here at home. We felt as a school we could help within our own school community, anonymously, and show our kindness and support. Our Mini Mac Ice Cream sale profits will go towards items such as gift cards for gas or groceries, or items for a care package.

### A Note from our CMS Social Worker

#### Mental Health Minute:

Students are exposed to new experiences daily and sometimes these new experiences can be overwhelming or even trigger feelings of anxiousness and worry. When students experience stressful or difficult situations it can often become a consuming thought or shift their whole day for the worse. Helping your child understand that new experiences can be challenging and exciting can help them take on new tasks with confidence. Assisting your child to shift their perspective to see that the problem was just a small portion of their day and that many awesome things still happened can help your child build resilience and confidence in managing tough experiences in the world. Ask your student, what is a bad day or just a bad moment?

### Resources for Parents

Adolescents and teens are reporting spending more and more time on their digital devices and parents sometimes wonder about ways to talk to their children about screen time habits. Check out [Common Sense Media](#) for an easy to read article highlighting 4 TIPS for parents to help your families find a healthy media balance that support your child's well being.

### Important Dates

May 11	Learning Partner Sheets are due
May 11-13	Grade 5 Health/Human Sexuality Unit
May 13	Grade 8 Medieval Festival
May 16	Grade 6 Immunizations (non-Covid)
May 16-17	Grade 7 Health/Human Sexuality Unit
May 19	Grade 4 Parent Information Evening (7:00 p.m.)
May 23	Victoria Day - No School
May 24	Grade 6 CMS Track Meet
May 25	Grade 5 CMS Track Meet
May 30	Dragon Boat Practice (Grade 7 & 8 Students who have signed up)
May 31	HSD Divisional Grade 5 & 6 Track and Field Meet

June 2	Grade 7 & 8 Divisional Track and Field Meet
June 7	Band Open House
June 10	Grade 6 Learning Trip to the Assiniboine Park Zoo
June 15	Grade 5 Learning Trip to the Human Rights Museum and The Forks
June 15	ICE (Internet Child Exploitation) Presentation to Grade 7 & 8
June 15	Grade 6 Concert at 7:00 pm
June 20	Soccer Day (Grade 7 & 8)
June 20	Grade 5 Concert at 7:00 pm
June 21	Grade 8 Trip to Roseau River
June 21	Grade 5 Event
June 24	PAC BBQ
June 28	Grade 7 Event
June 28	Grade 8 Farewell Evening (organized and run by parents)
June 29	Grade 8 Year End Event
June 29	Last Day of Classes