



April 2023

Wishing everyone a safe and restful Spring Break!
See you back on Monday April 17.

IMPORTANT DATES:

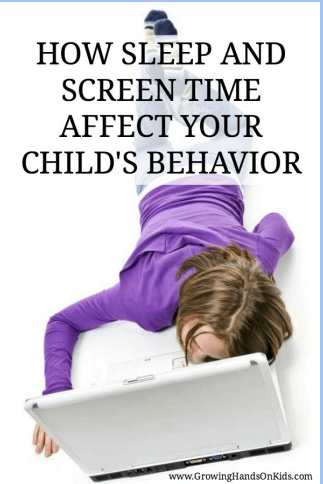
- Spring Break from Apr 3 to 14
- Wed Apr 19 @ 7pm - Public Board Meeting at the Canmore Board Office
- Fri Apr 28 - Half Day
- Fri May 5 - Half Day

Screen Time

Child screen time (television, tablets, phones, video games, internet) tips:

1. Set reasonable limits- Determine how much screen time is appropriate for your child's age and stick to it (1 hour between ages 2-5).
2. Monitor content- Be aware of what your child is watching or playing. Some content may not be appropriate for their age, containing violence or adult content.
3. Be a role model- Children learn from their parents, so model healthy screen time habits by limiting your own use.
4. Keep screens out of the bedroom- Screens before bed can disrupt sleep and interfere with their brain development.
5. Encourage balance- Encourage your child to participate in other activities such as creative play, outdoor play, sports or reading.
6. Use parental controls- Parental controls are available on devices to restrict access to inappropriate content.

The goal is to help your child develop healthy habits and balance their screen time with other activities.



Attendance

We are celebrating attendance each month for students that are **attending 90% of the time**.

We really appreciate the support from parents and our Elders are making gifts for students who attend 90%.

If your child is sick or will be away, we really appreciate having a phone call to the school to give the reason for the absence: 403-673-3656

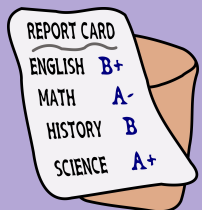


Report Cards & Registrations

We hope that you were able to engage with your child's teacher and review progress and goals for the final months of the school year.

The report cards are available online at powerschool.crps.ca
Please contact the office if you have not yet accessed your child(ren)'s report cards and require assistance logging in.

Also a reminder that **registrations** for 2023-24 can be submitted online if you know anyone who might be interested in registering their child at Exshaw School (*no registration is required for children already attending Exshaw School*). Please call the school if you have any questions.



Photos from Special Event

We were very lucky to have Alien In-Line Skating at the school for 3 days in March! The students (and) staff had a wonderful time. Thank you to Ms. Powell for organizing this event, and also thank you to Alien In-Line Skating for running an exciting 3 days of activities!



Hot Lunch Vendors

We are very thankful to these amazing vendors who are providing meals for the hot lunch program and/or support for our school programs! Members from the Rotary Club are generously donating their time to deliver meals on Wednesdays from these restaurants and vendors



îsnî'yes,
Jody Keon (principal)

Please follow our Exshaw School Facebook page, Twitter feed and website for updates:

