



May

2024

What a wonderful week of snow, rain, and mud! Great for building snowmen and playing in puddles. Thank you for ensuring that your child is prepared with outdoor gear. We appreciate your support with students having indoor shoes, to keep the mud and snow outdoors.

There are many field trips in the final months of school, and we appreciate your support with students returning to school their permission forms and arriving on time for these exciting field trips.

“Let’s Talk About Technology”

Madison Cameron will be coming to Exshaw School on May 28th to speak with students about social media and how to stay safe online.

Parents are invited to attend a session led by Madison Cameron On May 28th at 6 p.m. at LGMS in Canmore, snacks will be provided. Stay tuned for more information- all parents/guardians are welcome to attend. Themes will include: insight into apps that students are using that adults might not be aware of as well as some of the ways that social media can change the way that youth see themselves and the world around them.

Mental Health Matters

On May 8th, we encourage everyone to wear hats to support Mental Health Day.

HOW KIDS CAN IMPROVE MENTAL HEALTH

- Spend time in nature
- Spend time with loved ones
- Do an activity they enjoy
- Exercise
- Do something to help someone
- Get enough sleep
- Try something new
- Limit time spent on technology

HOW YOU CAN HELP

- Listen to your child – to the big things and the small things
- Do something together that your child enjoys
- Set and enforce boundaries around technology
- Give your child meaningful praise
- Don’t be afraid to seek professional help

IMPORTANT DATES:

- Mon May 6 - Bus Driver Appreciation Day
- Wed May 8 - Hats on for Mental Health Day
- Sun May 12 - Happy Mother’s Day
- May 13-17 - Staff Appreciation Week
- Wed May 15 - School Council Meeting at 3:15pm
- **Fri May 17 - NO SCHOOL**
- **Mon May 20 - NO SCHOOL**
- Tue May 22 - Public School Board Meeting at 7pm at Canmore Board Office
- Thu May 30 - Assembly at 2:25pm
- **Fri May 31 - EARLY DISMISSAL**

Hot Lunch Vendors

A huge thank you to all of these amazing vendors for providing meals for the hot lunch program!



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Jody Keon (principal)

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