



March

2025

Smudging Info / Permission Form

As part of our ongoing journey of reconciliation, Exshaw School has visits from our division Knowledge Keepers. At times, and as part of a learning experience led by our Knowledge Keepers, students at Exshaw School will have an opportunity to participate in a traditional smudge if they wish. A smudge involves burning a small amount of dried plant such as sage, tobacco, sweetgrass or cedar inside a cast-iron dish or abalone shell. During a smudge, participants sit in a circle and listen to the Elder/Knowledge Keeper/facilitator offer teachings about the practice and its role in historical and contemporary Indigenous communities. The smudge bowl may be passed around the circle as part of this traditional way of opening or beginning time together.

Participation in a smudge is informed, voluntary, and always connected to learning. If, for any reason, a student is not participating in the experiential learning, the teacher will ensure that associated learning outcomes are available.

Please contact your child's teacher if you wish to withdraw your child from smudging experiences. Please note that students who are not participating in the Smudge exercise will be provided with an alternative learning experience or excused from this opportunity. If you have any questions please contact craig.kestle@crps.ca

New Self-guided Parent Workshop: Raising Digitally Resilient Kids

The Raising Digitally Resilient Kids workshop outlines how parents and guardians can support children's well-being and help them balance the risks and benefits of digital media.

Based on insights from MediaSmarts' research with youth through the Young Canadians in a Wireless World study, the workshop provides an overview of online risk categories and provides resources and essential strategies that participants can take to manage these risks. This self-guided workshop is sponsored by YouTube Canada. Please visit the website: <https://shorturl.at/Y0IIB>



IMPORTANT DATES:

- **Fri Mar 7 - Half Day**
- **Sun Mar 9 - Spring Ahead**
- **Family-Teacher Conferences**
 - Wed Mar 19 from 4-7pm
 - Thu Mar 20 from 5-8pm
 - Fri Mar 21 from 8:30-11:30am
- **Fri Mar 21 - NO SCHOOL**
- **Wed Mar 26 Public School Board Meeting @ Banff Elementary School**
- **Fri Apr 4 - Half Day**

Save the Date

Canmore Collegiate Open House March 11th from 6-8pm.

CCHS will be hosting a combined Open House and Parent Info Night (for selecting courses for next year). During this evening there will be a presentation for Grade 8 and grade 9 parents to explain all of the courses and options.

Hot Lunch Vendors

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



IRON GOAT



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4 Grade 6 skiing with Spirit North	5 Spirit North Ski Team after school	6	7 Early Dismissal Day!	8
9 SPRING AHEAD	10	11 Grades 7-8 skiing at Norquay CCHS Open House 6-8pm	12 INYP Circles Grade 8 Ribbon Skirts Spirit North Festival at Nordic Centre for Grade 6	13 Grade 8 to Science Centre all day	14 House Teams	15
16	17 HAPPY St. Patrick's DAY	18	19 FAMILY TEACHER CONFERENCES 4-7pm	20 Grade 5 Eagle Migration field trip Grade 8 Ribbon Skirts FAMILY TEACHER CONFERENCES 5-8pm	21 No School FAMILY TEACHER CONFERENCES 8:30 - 11:30am	Half Day Fridays: - May 2 - May 30 - Jun 6 - Jun 27 No School Days: - Apr 14-25 - Fri May 16 - Mon May 19
23	24	25	26 INYP Circles 7pm Public Board Meeting @ Banff Elementary	27 Grades 7-8 skiing at Norquay	28 Grade 6 at Banff Fenlands House Teams	
30	31	Apr 1	2	3 Grade 3 at OLC all day	4 Early Dismissal Day!	