







Mono Amaranth Public School

Week at a Glance: May 1 - 5, 2023

REMEMBER TO SCREEN DAILY FOR SYMPTOMS BEFORE LEAVING FOR SCHOOL
 Parents **MUST** complete the COVID screening daily [COVID SCREENING TOOL](#)

Monday May 1 Day 1	Beltane - [Wiccan/Pagan] / Ridvan begins EDUCATION & MENTAL HEALTH WEEK School Principal's Day	
Tuesday May 2 Day 2	Twelfth Day of Ridvan [Bahai]	 Pasta etc. [2nd NB]
Wednesday May 3 Day 3	Grade 8s/Parents - please send in your grad's "First Day of School Photo" [aged 4 or 5] to Miss Edwards or your child's teacher	 Popcorn [2nd NB]
Thursday May 4 Day 4	Grade 6-7-8 to Guelph Sleeman Centre for EMPOWERMENT DAY	 Pizza [2nd NB]
Friday May 5 Day 5	National Day of Awareness for Missing and Murdered indigenous Women, Girls and Two Spirit People / Cinco de Mayo Visakha Puja Buddha Day [Buddhism]	
	May 8 - Yearbook Orders due May 16 - School Council Mtg May 14 - Mother's Day May 26 - Jump Rope for Heart June 18 - Father's Day	June 23 - Grade 8 Grad June 26 - FUN FAIR BBQ  PA DAY NO SCHOOL June 2 / June 30 Last day of school: June 29, 2023
 CANADIAN HOLIDAYS & INCLUSION Calendar	Asian/South Asian Heritage Month / Jewish Heritage Month / Dutch Heritage Month / Better hearing and Speech Month 15 - International Day of Families 17 - International Day Against Homophobia, Transphobia and Biphobia 18 - Ascension of Jesus Day-Christian [Mennonite] / 21 - Akshaya Tritiya [Hinduism] 22- VICTORIA DAY - NO SCHOOL 23 - Declaration of the Bab [Bahai] / 25 - Ascension Day [Eastern Orthodox] - Christian 26 - Buddha's Birthday [Buddhism] / 28 - World Hunger Day / Pentecost [Judaism/Christian] 29 - Ascension of Baha'u'llah [Bahai] / 31 - World No Tobacco Day [WHO]	



The focus for May's Character Trait is:

TRUST



Our school is participating in Jump Rope for Heart again this year. Our goal is to raise \$2000 for the foundation. 10% of the funds come back to our school. In the past, we have purchased school jerseys and equipment for the students with funds that have been raised. All fundraising is completed online.

Go to www.jumpropeforheart.ca and click on "Join your school." Our school jump day will be on Friday, May 26th, so we will be fundraising for the entire month. Thanks for your support.

Elyse Laughton and MAPS staff

School Council Mtg
May 9 @ 7pm
School Council Email:

sc.monoamaranth@ugdsb.on.ca



2022-23 School Council Executive
Co-Chairs:

Sharon Edmonds & Priscilla Bennett

IN PERSON & VIRTUAL OPTION Join with Google Meet meet.google.com/gtw-xoic-ifu / [Join by phone](#) (US) +1 929-256-1388 PIN: 421 300 512#

*Parent council would like to give a HUGE shout out to all of our wonderful volunteers, admin, Pizza Depot and MAPS Families, for supporting our second **MOVIE NIGHT!** Let's also not forget how amazing our bake sale table was! Thank you to the many that donated towards it. Our night wouldn't have been such a success without all of you!*

Has your child come home talking about some new DPA equipment in their class? Well, you heard correctly!

Parent council was fortunate enough to receive an anonymous donation this past week, of basketballs and soccer balls to pump up our current DPA bins. Each classroom was the recipient of three brand new balls to play with and look after for the rest of the year. Council made its way around each classroom earlier this week, dispersing these with an amazing incentive in hand.

If each classroom can responsibly look after their new DPA equipment by utilising the sign out/in sheet provided and have all 3 balls still in their possession by the end of the school year, then they will receive a pizza party! Excitement was heard throughout the halls.

It brings us such joy to have had the opportunity to be able to do this for our MAPS students. Thanks goes out to our anonymous donor for this generous gift!

Good luck to everyone in your efforts with getting that end of school year party!

We are continuing to share information to help families support their child's attendance at school. Below are some tips you can try that involve the routines and the environment at home.

- Practise consistent bedtime and morning routines with your child.
- Parents can model the same routine at home, as it helps students stick to the routine of coming to school each day.
- Having a set schedule for sleep and nutrition is key to a good morning and feeling good about coming to school.
- Preparing for school at night so that the morning is less hectic can be helpful. Organising clothing, packing backpacks and including favourite foods can be reassuring.
- Putting out clothes and making lunch the night before can help get your child out the door in the morning.
- If your child does refuse to attend school, try having no screens/devices during the time when they are at home. Make staying home as boring as possible! Shutting down the home Internet can be helpful if this is a draw for your child to stay at home.
- Creating an environment conducive for improved sleep hygiene (e.g. dark room, quiet, sound machine, light in morning, consistent bed and wake times).
- Ensuring at least 30 minutes of screen-free time before bed and removing all electronics from bedrooms before bed can be helpful.
- Limiting screen time before bed is key to winding-down and getting a great night's sleep!

For more information, please visit the UGDSB website:

<https://www.ugdsb.ca/parents/student-attendance-at-school-tips-and-strategies-for-families/>