



April 2019

| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|---|-----------------------------------|---|---|--|--------------------------------------|------|
|  | 1 Welcome Back!!! | 2 Chicken Alfredo and Garlic Buns | 3 Choir | 4 V & JV Badminton @ Notre Dame Subs | 5 | 6 |
| 7 | 8 V & JV Badminton @ Treherne | 9 Taco Salad | 10 V & JV Badminton @ Glenboro Choir | 11 V & JV Badminton @ St. Claude Subs | 12 | 13 |
| 14 | 15 V & JV Badminton @ Treherne | 16 Mac and Cheese | 17 V & JV Badminton @ Notre Dame Choir | 18 Subs | 19 Good Friday - No School | 20 |
| 21  | 22 CSL - Grade 7 - 12 | 23 V Badminton Wild Card @ Treherne Chicken Wraps | 24 V Badminton Zones @ Notre Dame Choir Chili and Buns | 25 Subs | 26 | 27 |
| 28 | 29 | 30 Hot Dogs and Fries | MAY 1 Music Appreciation concert |  | | |
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Just a reminder that with the snow melting and Spring weather on the way, our playground will have some wet and muddy spots! Please make sure that students have appropriate outdoor footwear, as well as jackets, toques and mitts as required so they are warm and dry! Students and staff are expected to have clean, dry

indoor shoes.

Eat Well Live Well

There is some discussion over the merits of the Canada's new Food Guide, however the motto of Eat Well Live Well is one I personally enjoy. The Food guide recommends eating a variety of foods, cooking more often, eating slowly and enjoying our food with others. Along with regular exercise, and positive sleep habits these are keys to our success in the classroom. We definitely notice as teachers when our students are following these guidelines. One of my colleagues discusses the importance of code RED in her classroom. Rest Exercise and Diet.

I wish everyone a wonderful break, enjoy time with family, whether it takes you on a trip or just a staycation to catch up and do some spring cleaning. I hope to see all our students come back to school relaxed, rested and ready to learn. In the words of our new food guide; Eat Well and Live Well.

□□□□ Wednesday, May 1st is our Music Appreciation Concert and BBQ. Watch for more details close to the date as Mrs. Dousselaere and her choir have been working on some very special numbers for this event!! □□□□

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PLEASE NOTIFY THE SCHOOL IF YOUR CHILD IS GOING TO BE ABSENT. CALL 204-529-2357 OR EMAIL jleece@prspirit.org OR cartwright@prspirit.org

Also, just a gentle reminder that the school does not carry extra cutlery, so students are asked to make sure they bring what they need for their lunches.