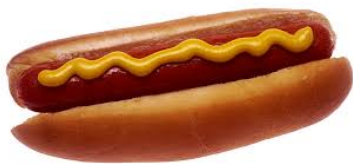




Hot Dog Hot Lunch May 29th

Ordering is open on
the Parent Portal
until end of the day
Wednesday May
22nd!



For those classes
participating in the
Hip Hop lessons,
payment on the
portal is due
Wednesday May 22



"WEEK AT A GLANCE" May 20-24

Monday, May 20

- Victoria Day: no school

Tuesday, May 21

- Gr. 6 and 7 Cyber Safe from Exploitation presentation 9am in the gym
- Volunteer Appreciation Tea 1:00 in the gym

Wednesday, May 22

- Gr. 7's visit to their high schools all day
- YCBY Frozen Yogurt treat day
- Div. 17 Library Field Trip

Thursday, May 23

- Track Attack Day: HHE track and field Gr 6-7 10:50-2:15
- Div. 10 Water Safety Presentation 9am

Friday, May 24

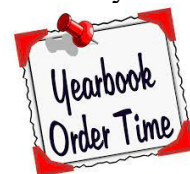
- Track Attack Day: HHE track and field Gr. 4-5 8:45-12
- Yearbook Order Deadline
- Div. 3 and 24 to Harris Road Park all day
- Div. 15 KEEPS field trip 9-12

Congratulations to the
parents who were voted in
as our 2024/25 PAC
Executives!

Returning President: Jessica
White
Returning Vice President:
Cheryl Hudson
Treasurer: Nicole Ferreira
Secretary: Ashley Osado
Members at Large: Amy
Kingston, April Robson and
Susan Foxgord

Year Book Orders

You can order your K-7
2023/24 yearbook on the
parent portal for \$20.
Ordering will be available
until May 24th!



Gr. 7 students will be
receiving the Gr. 7 yearbook
free of charge!

That's All Folks! H.H.E. Library Books Are Due.....

Last week for students to take out books:
May 27 – May 31

Student Library books due back:
Monday June 10

Overdues and misplaced books?
Please search EVERYWHERE! Thanks!!!



Healthy Habits for Kids

Healthy habits, including healthy eating, regular physical activity and being smoke free begin at home and continue throughout life. At a young age, children learn to make decisions and begin to make more choices of their own. They are developing habits and attitudes they may carry with them for the rest of their lives. Peer pressure influences children and youth of all ages and is particularly strong in the early teen years.

In the meantime, you, as a parent, play an important role in helping your children stay healthy. You may want to:

1. Encourage your children to eat three well-balanced meals by selecting food outlined in Canada's Food Guide, ample vegetables and fruit is particularly important
2. Offer them water and lower-fat milk (1% or 2%) instead of pop and other sugary drinks
3. Serve healthier options like fresh fruit, veggie sticks and low-fat yogurt for after school snacks
4. Encourage free outdoor play and limit their screen time
5. Make both your indoor and outdoor family activities free from secondhand smoke
6. Encourage your children to choose activities they love – any activity - dancing, basketball, hockey, soccer, swimming or rollerblading
7. Schedule active family outings like hiking, swimming or biking
8. Set a good example yourself by eating healthfully and being physically active on a regular basis and by being smoke free.

Eat Well... Be Active... Live Tobacco Free!