

Staff Appreciation Week!

The HHE PAC and Ms. Lacroix and I have planned a week with treats from all colours of the rainbow to celebrate our amazing staff!

We are asking the students to join in by participating in a Grade Group Colour Day on Friday! They can wear or bring any accessories in their grade group colour!

- Gr. K and 1: **Red**
- Gr. 2: **Orange**
- Gr. 3: **Yellow**
- Gr. 4: **Green**
- Gr. 5: **Blue**
- Gr. 6 and 7: **Purple**

Student are welcome to show their appreciation to staff today in any way they would like!

Congratluations to Jack O. for receiving an honour ribbon at the district public speaking competition for Gr. 6's. His topic was DEI Diversity, Equity and Inclusion. Way to go, Jack!



"WEEK AT A GLANCE" May 19-23

Monday, May 19

- Victoria Day: no school

Tuesday, May 20

- Gr. 6 and 7 Track Attack day (rain or shine so come prepared)
- Neufeld Orders Due!
- Volleyball at 12:15
- Running Club 2:20 in the back field!

Wednesday, May 21

- Gr. 7's visit to their high schools all day
- Gr. 4 and 5 Track Attack Day (rain or shine so come prepared)
- Fuel Breakfast for Lunch
- District Primary Cross Country run at Albion Sports Fields

Thursday, May 22

- Div. 15 and 21 Water Safety
- Div. 16 and 17 Water Safety
- Jowett's class to Ninja park
- Running Club celebration 2:20 in the back field!
- Volleyball 2:20

Friday, May 23

- Grade Group Colour Day!
- Ewald's class to Ninja park
- Gr. 7's going to GSS Band Presentation in the library 12:45

Congratulations to the parents who were voted in as our 2025/26 PAC Executives! Thank you for your dedication to our school!

President: Jessica White
Vice President: Cheryl Hudson
Treasurer: Nicole Ferreira
Secretary: Dena Park
Members at Large: Susan Foxgord and Ashley Osada

A huge thank you to our 2024/25 PAC for volunteering endless hours to our school!

Year Book Orders

You can order your K-7 2025/26 yearbook on the parent portal for \$20. Ordering will be available until May 30th! Gr. 7 students will be receiving the Gr. 7 yearbook free of charge!



Neufeld Farms orders due Tuesday!

Order here:
<https://app.neufeldfarms.ca/fundraising/2025-harry-hooge-elementary/ref/em>

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

Last week for students to take out books:

May 26th - May 30th

Student Library books due back:

Monday, June 9th

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!