

Staff Appreciation Week!

The HHE PAC and Ms. Lacroix and I have planned a week of **SUNSHINE** to celebrate our amazing HHE staff!



Student and parents are welcome to show their appreciation to staff this week in any way they would like!

Reminder to Families:

Students should not bring toys, sports equipment, or other personal items to school unless requested by their teacher. These items can easily be lost or damaged and may also create social conflict or distractions during the school day. Thank you for your support.



"WEEK AT A GLANCE" May 18-22

Monday, May 18

- Victoria Day: no school

Tuesday, May 19

- Intermediate Cross Country at Albion Sports Fields 3pm

Wednesday, May 20

- Gr. 7's visit to their high schools all day
- Div. 2, 4, 5 to Pioneer Park 11:30pm

Thursday, May 21

- Div. 19 and 21 to Jungle Jacks
- Pirate Day K and K/1 classes
- District Primary Cross Country run at Albion Sports Fields 3:00pm

Friday, May 22

- **Yearbook orders due!**

Congratulations our 2026/27 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

You may recognize all their names as they have all agreed to serving another year! A huge thank you to all of them for volunteering endless hours to our school!

Library Books are due into Ms. Vernon by June 5th! Check under your child's bed and in their closets!



Year Book Orders

✿ Don't Miss the Memories! ✿

Harry Hooge Elementary Yearbooks Are Now Available!

The school year is filled with unforgettable moments; friendships, achievements, and milestones your child will treasure for years to come! Our **2025-2026 Yearbook** captures it all in one beautiful keepsake!

📷 Inside you'll find:

- Class photos and candid snapshots
- Special events and celebrations
- School Clubs
- Memories that last a lifetime

♥ Why purchase a yearbook?

A yearbook is more than just a book; it's a time capsule of your child's school experience. It's something they'll love looking back on for years to come!

📱 **Order yours today!** For your convenience, you can order yours online at <https://store.plicbooks.ca/projects/fd2dea3e-27f9-415f-98be-b75a2f6fd352>.

The cost per yearbook is \$20.00.

Please note the deadline to order is next Friday, May 22nd, 2026. After May 22, an additional shipping fee of \$7.00 will be added.

Yearbooks will be delivered to your child's classroom in June. If ordered after the deadline, your yearbook will be shipped to your home.

👉 **Order now and preserve the memories of this incredible school year! (Gr. 7 students will be receiving the Gr. 7 yearbook)**

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!