



THE BEAR NECESSITIES

Buckhorn Public School Newsletter

1783 Lakehurst Rd. Buckhorn, K0L 1J0 * 1-705-657-8803

Safe Arrival 1-844-434-8119 <https://buckhorn.kprdsb.ca/>

*Twitter @BuckhornPs *YouTube



February is the month of kindness Buckhorn,

In the middle of the month, we celebrate the 100th day of the school year; and what a year it has been! We thank everyone for their partnership in continuing to follow Ministry of Health and KPR protocols. We have proven that together we can do anything. Thanks for keeping us safe!

Welcome to the staff in the role of Education Assistant, Kelly Cooney.

Online Kindergarten Registration is now open. We look forward to welcoming our new students! Your child can attend school in Junior Kindergarten if they are 4 years of age or Senior Kindergarten if they are 5 years of age by December 31, 2022. Registration information can be found out at

https://www.kprschools.ca/en/our_schools/findaschool/schoolregistration.html

We encourage you to **wear red on February 14 to recognize it as a day of kindness and caring** and **wear pink on February 23 in support of bullying prevention**. The roots of the Day of Pink are in Nova Scotia when 2 straight high school students saw a gay student wearing a pink shirt being bullied. The 2 students intervened but wanted to do more to prevent homophobic & transphobic bullying. They decided to purchase pink shirts, and a few days later got everyone at school to arrive wearing pink, standing in solidarity. We are all taking a stand to **promote kindness** and **prevent bullying** at Buckhorn.

In partnership,
Rachelle Duffus



THE BEAR NECESSITIES

Buckhorn Public School Newsletter

1783 Lakehurst Rd. Buckhorn, K0L 1J0 * 1-705-657-8803

Safe Arrival 1-844-434-8119 <https://buckhorn.kprdsb.ca/>

*Twitter @BuckhornPs *YouTube



Bussing Requests

STSCO has opened their online Out of Boundary and Daycare/Babysitter requests in the Parent Login on the stsco.ca website for the 2021-2022 School Year. They need to be submitted by May 30th to be considered for the first day of school in September.

https://www.stsco.ca/Secure/parent_login.asp

You will need your child(ren's) OEN and birthdate combination to log into the parent portal to submit their request. The OEN is found at the top of your child(ren's) report card.

If you have any questions please contact STSCO toll free at **1 800 757 0307**.



Rachelle_Duffus@kprdsb.ca
Kimberly_Wonnacott@kprdsb.ca
Ryan_Ramage@kprdsb.ca

Kristy_Hill@kprdsb.ca JK / SK
Sharon_Pomeroy@kprdsb.ca ECE
Alicia_DelMastro@kprdsb.ca JK / SK
Jeanna_Jones@kprdsb.ca ECE
Rebecca_Soden@kprdsb.ca Gr. 1
Julie_Hockridge@kprdsb.ca Gr. 1/2
Matthew_Cole@kprdsb.ca Gr. 2 / 3
Melissa_Davidson@kprdsb.ca Gr. 4
Rachel_Hensen@kprdsb.ca Gr. 5
Stephanie_Cavanagh@kprdsb.ca Gr. 6

BUCKHORN

STAFF 2021-2022

Principal
Office Assistant
Head Custodian

James_Brake@kprdsb.ca
Diane_Lloyd@kprdsb.ca
Kailee_Dupuis@kprdsb.ca

Marylouise_Hennan@kprdsb.ca
Laura_Lukinuk@kprdsb.ca
Audrey_Nowicki@kprdsb.ca

Cailey_McCallum@kprdsb.ca
Pauline_Jabcobs@kprdsb.ca
Noel_McNabbKidd@kprdsb.ca
Kelly_Cooney@kprdsb.ca
Julia_Harrison@kprdsb.ca



Superintendent
Trustee
First Nations Trustee

French / SERT
Library / JK/SK
Primary Planning

Child and Youth Worker
Educational Assistant
Educational Assistant
Educational Assistant
Personal Care Assistant



THE BEAR NECESSITIES

Buckhorn Public School Newsletter

1783 Lakehurst Rd. Buckhorn, K0L 1J0 * 1-705-657-8803

Safe Arrival 1-844-434-8119 <https://buckhorn.kprdsb.ca/>

*Twitter @BuckhornPs *YouTube















UPDATE: Outdoor Masking for Students / Nutrition - Lunch Breaks



- As per Ministry direction, we are now removing the requirement for students to wear masks outdoors.
- Further clarification was also provided on nutrition/lunch breaks yesterday by the Ministry. The important points are as follows:
 - We will do our best to ensure 'normal' conditions as possible during the lunch break.
 - Students will continue to be allowed to remove their masks when eating and conversations with peers is permitted.

A Reminder on How to Safely Use a Mask

All masks must have ear loops.

DO	Don'ts
 Do wear a non-medical mask or face covering to protect yourself and others.	 Don't hang mask from your neck or ears.
 Do ensure the mask is made of at least 3 layers, including 2 layers of tightly woven fabric, with a filter or filter fabric between layers.	 Don't share your mask.
 Do inspect the mask for tears or holes.	 Don't touch the mask while wearing it.
 Do wash your mask with hot, soapy water and let it dry completely before wearing it again.	 Don't remove the mask to talk to someone.
 Do ensure the mask or face covering is clean and dry.	 Don't reuse masks that are damp, dirty or damaged.
 Do wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.	 Don't discard masks that cannot be washed in a garbage bin after use.



OPTIONAL COVID-19 Vaccine Clinic February 4

First or second doses available with CONSENT of parents / guardians.

- For: Buckhorn students only
- Time: 12:55 on
- Required: Consent forms sent home February 1, 2022 need to be returned by February 3, 2022



THE BEAR NECESSITIES

Buckhorn Public School Newsletter

1783 Lakehurst Rd. Buckhorn, K0L 1J0 * 1-705-657-8803

Safe Arrival 1-844-434-8119 <https://buckhorn.kprdsb.ca/>

*Twitter @BuckhornPs *YouTube



In February we celebrate the KPR Character Education Trait of Empathy. To be empathetic



means:

- I respect the feelings of others.
- I seek to understand what others are thinking to appreciate their perspectives.
- I listen and consider their opinion even though we may not agree.
- I act with kindness and compassion.

We equate this to the Seven Grandfather Teaching of Humility or "Dbaadendziwin."

Humility is represented by the wolf. For the

wolf, life is lived for his pack and the ultimate shame is to be outcast.

Humility is to know that you are a sacred part of creation. Live life selflessly and not selfishly.

WELCOME TO OUR 2022-2023 BUCKHORN BEARS!

EVELYNNE

BRAAXON

LUKE

AVA

Kindergarten Registration



Parents and guardians can register Junior Kindergarten students if they are 4 years of age or Senior Kindergarten if they are 5 years of age by December 31, 2022. Registration information can be found out at

https://www.kprschoools.ca/en/our_schools/findaschool/schoolregistration.html



THE BEAR NECESSITIES

Buckhorn Public School Newsletter

1783 Lakehurst Rd. Buckhorn, K0L 1J0 * 1-705-657-8803

Safe Arrival 1-844-434-8119 <https://buckhorn.kprdsb.ca/>

*Twitter @BuckhornPs *YouTube



Illustrated Mathematics Dictionary: Number Sense and Numeration

dollar

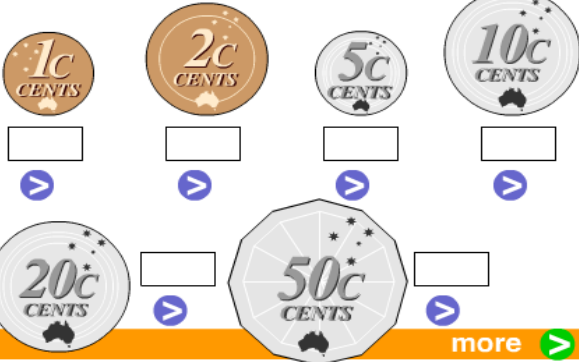
• one hundred cents make a dollar.

$$100 \text{ cents} = \$ 1.00$$



COIN EXAMPLES:

• Play Money - how many of each coin make \$1.00?
• Enter a number and click the button.



Equivalent Fractions have the same value, even though they may look different.

These fractions are really the same:

$$\frac{1}{2} = \frac{2}{4} = \frac{4}{8}$$

Why are they the same? Because when you multiply or divide both the top and bottom by the same number, the fraction keeps its value.

The rule to remember is:

*"Change the bottom using multiply or divide,
And the same to the top must be applied"*

Here is why those fractions are really the same:

$$\frac{1}{2} \xrightarrow{\times 2} \frac{2}{4} \xrightarrow{\times 2} \frac{4}{8}$$

fraction notation

A rational number of the form $\frac{a}{b}$
• a is called the numerator
• b is called the denominator

EXAMPLES:

Proper fraction

Numerator is less than the denominator.

$$\frac{\text{numerator } 4}{\text{denominator } 5}$$

Improper fraction

Numerator is greater than or equal to denominator.

$$\frac{\text{numerator } 5}{\text{denominator } 4}$$

Mixed number

Whole number and a fraction.

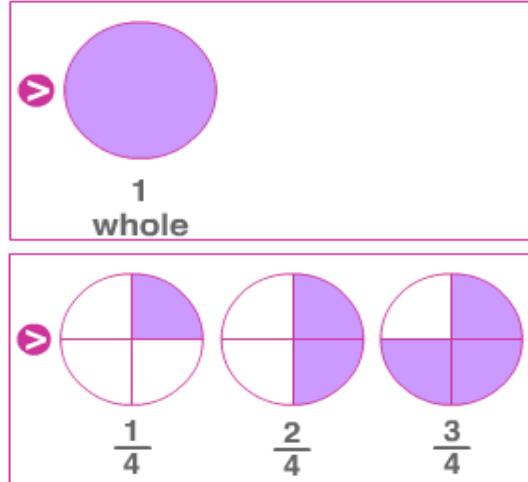
$$2\frac{1}{2} \quad 5\frac{3}{4}$$

Equivalent fractions

Fractions that represent the same number. $\frac{1}{2} \quad \frac{4}{8} \quad \frac{5}{10}$

fraction

• any part of a group, number or whole.



to reduce or simplify a fraction

back <

• to reduce the numerator and denominator in a fraction to the smallest numbers possible.

EXAMPLES: Divide the numerator and denominator by their highest/greatest common factor (HCF, GCF)

$$\frac{\cancel{5} \div 5}{\cancel{20} \div 5} = \frac{1}{4}$$

$$\frac{\cancel{6} \div 6}{\cancel{12} \div 6} = \frac{1}{2}$$

HCF or GCF = 6

$$\frac{\cancel{6} \div 2}{\cancel{8} \div 2} = \frac{3}{4}$$

HCF or GCF = 2

$$\frac{\cancel{25} \div 25}{\cancel{100} \div 25} = \frac{1}{4}$$

HCF or GCF = 25



THE BEAR NECESSITIES

Buckhorn Public School Newsletter

1783 Lakehurst Rd. Buckhorn, K0L 1J0 * 1-705-657-8803

Safe Arrival 1-844-434-8119 <https://buckhorn.kprdsb.ca/>

*Twitter @BuckhornPs *YouTube



“

How many years has it taken people to realize that we are all brothers and sisters and human beings in the human race?

- Marsha P. Johnson -

1945-1992

Mental Health Services that are Inclusive of Gender-Diverse and Sexual-Minority Youth



The **Lesbian Gay Bi Trans Youth Line** website has an Ontario-wide database of mental health service providers and other supports. The people and organizations in this database are either inclusive of gender-diverse and sexual-minority youth or provide services that are specifically aimed at them. This database can be searched by location, topic, or keyword. The LGBT Youth Line database is available at <http://www.youthline.ca/get-support/referral-database>.



Rainbow Health Ontario

Rainbow Health Ontario has a database, also Ontario-wide, that includes mental health care providers who are inclusive of gender-diverse and sexual-minority youth. This database can be searched by location, topic, or keyword. You can find the RHO database at <http://www.rainbowhealthontario.ca/service-directory>.



Gender Creative Kids Canada allows visitors to their website to search for mental health providers and other supports by location and a number of categories: language spoken, populations served, and the type of service provider. Visit their website at <http://gendercreativekids.ca/providers>.



THE BEAR NECESSITIES

Buckhorn Public School Newsletter

1783 Lakehurst Rd. Buckhorn, K0L 1J0 * 1-705-657-8803

Safe Arrival 1-844-434-8119 <https://buckhorn.kprdsb.ca/>

*Twitter @BuckhornPs *YouTube



Ontario Report Cards, Ministry of Education

What role do I have as a parent?

We know that you, as a parent or guardian, are vital partners in your child's education and that children do better at school when their parents are involved.

How do teachers determine my child's grades?

- Teachers look at assignments, tests, exams, demonstrations and projects for evidence that your child is learning the curriculum.
- This learning means more than just knowing the facts. Students must also show an understanding of what they are studying by communicating and applying what they have learned. They must also demonstrate critical thinking and problem-solving skills.
- All work is reviewed with special attention given to the quality of work at the end of a unit of study, term or semester. Teachers do not simply calculate averages. As well as looking at tests or assignments, they also talk to and observe your child in the classroom to gather as much information as possible before deciding on the final grade.

Are there consequences for cheating or plagiarizing?

- Yes. The updated assessment policy makes it clear that students are responsible for their own work. There will be consequences, which could include receiving a mark of zero, for cheating, plagiarism and not completing work. Ask your school board about its policy on cheating or plagiarizing.

Are there consequences for not completing work or submitting work late?

- Your child is responsible for showing what he or she has learned or accomplished in the time frame allowed by their teacher.
- Ontario's policy lists many strategies teachers can use to both prevent and address late and missed assignments. Options range from peer tutoring and offering time-management lessons to school-wide planning of major assignments.
- In all grades, if your child consistently misses assignments or hands in work late, this may be reflected in the Learning Skills and Work Habits section of the report card. Grades 7 to 12 students may also have marks deducted.

What does an "R" mean on my child's provincial report card in Grades 1 to 8?

- An "R" means extensive remediation is needed since the required skills and knowledge of the subject have not been met. It is important to work with your child's teacher to develop strategies to support your child in gaining the required knowledge and skills.

What does an "I" mean on my child's Grades 1 to 10 provincial report card?

- An "I" means the teacher did not have enough information to assign a grade or mark. This may happen, for example, if your child recently moved schools or has had an extended illness.

Report cards will be coming to your inbox via EDSBY February 18th and will reflect your child(ren's) participation and learning.



We will be setting up a series of virtual interviews. Please email Marylouise.Hennan@kprdsb.ca if you would like an interview.

Thank you for your partnership in your child(ren's) education.



THE BEAR NECESSITIES

Buckhorn Public School Newsletter

1783 Lakehurst Rd. Buckhorn, K0L 1J0 * 1-705-657-8803

Safe Arrival 1-844-434-8119 <https://buckhorn.kprdsb.ca/>

*Twitter @BuckhornPs *YouTube



Report Cards will be on EDSBY February 18

Parents can easily view their children's Report Cards through their Edsby account.

To view a child's Report Card online,

- Login to the Edsby web browser. A button will become available in the classes panel of each child.
- Click View Report Cards.



- This will open the child's most recent Report Card.

Note: Parents can only access their children's Report Cards via the Edsby web browser. Report Cards are not available on mobile.

Report Cards

Lisa J Lee

Term 1 Mid Term

Ontario Ministry of Education Provincial Report Card, Grades 9-12

STUDENT: Lee, Lisa OEN: Grade: 9 Homeroom: Principal: Hem, W
Address: 24 Fox Lane Highland Hills ON M5T 1T4 School Council Chair:

SCHOOL: Tecumseh High School Telephone: 416-212-4556 BOARD: High Prairie School District Email/Website:
Address: 861 Mount Pleasant Rd. Toronto ON M6P 2L5 Fax: Address: 2475 Kennedy Street Highland Hills, PA 15204

Courses	Reporting Period	Percentage Mark	Course Mark	Quality Standard	Learning Skills and Work Habits							Comments	Attendance	
					Responsibility	Organization	Independent Work	Collaboration	Initiation	Perseverance	Self-Regulation			Days Absent
Course Title: Science Course Code: SNC1D Teacher: Archer, S. <input type="checkbox"/> ES/ELD <input type="checkbox"/> SP <input type="checkbox"/> French <input type="checkbox"/> SHSM	First	96	83		E	G	E	E	E	E	E	Like independently monitors, assesses, and revises plans to complete tasks and meet goals. She also uses class time very efficiently to complete tasks assigned. Lisa shows a good understanding of Biology and the anatomy of living things as seen in her discussion of the frog. When Lisa completes her work, she is encouraged to move on to the next task or assignment independently.	0	0
Course Title: Geography of Canada Course Code: CGC1D Teacher: Mullins, E. <input type="checkbox"/> ES/ELD <input type="checkbox"/> SP <input type="checkbox"/> French <input type="checkbox"/> SHSM	First	94	82		E	E	E	E	E	E	E	Like is determined to carefully complete all assignments and homework on time. She also responds to challenges with a positive attitude. She has also shown her creative ideas to solve problems when working on her map of Canada's landform regions. In future courses Lisa is encouraged to attempt to solve problems on her own and ask classmates before asking the teacher for help.	0	0
Course Title: Principles of Mathematics Course Code: MPM1D Teacher: Beard, R. <input type="checkbox"/> ES/ELD <input type="checkbox"/> SP <input type="checkbox"/> French <input type="checkbox"/> SHSM	First	95	83		E	E	G	G	G	E	E	Like searches for new ideas and opportunities related to learning. She consistently sets attainable goals for academic success. Lisa demonstrates the capacity for innovation and a willingness to take risks and approach new tasks with a positive attitude. She also takes responsibility for and manages own behavior. Lisa is encouraged to develop a timeline of check list when completing a long-term project.	2	2

Every Friday, EVERY child has **HOT LUNCH** Thank You Thank You Thank You!!!! to:

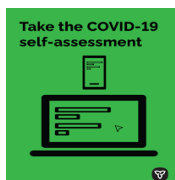
Reverend Glenn Empey, St. Matthew & St. Aidan Parish

Stonescape QUARRY & FABRICATION

Pizza Alloro

BUCKHORN SAND & GRAVEL

SHORELINE CUSTOM DOCKS & LIFTS



Every morning before heading to school, staff and students **must** complete the daily self-screening, available at

<https://covid-19.ontario.ca/school-screening/>.



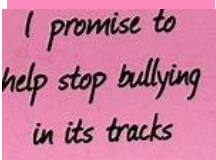
THE BEAR NECESSITIES

Buckhorn Public School Newsletter

1783 Lakehurst Rd. Buckhorn, K0L 1J0 * 1-705-657-8803

Safe Arrival 1-844-434-8119 <https://buckhorn.kprdsb.ca/>

*Twitter @BuckhornPs *YouTube



WHAT IS BULLYING?

Bullying is a form of aggression where there is a power imbalance; the person doing the bullying has power over the person being victimized. In addition to any physical trauma incurred, bullying can result in serious emotional problems, including anxiety, low self-esteem, or depression.

TYPES OF BULLYING

- Physical bullying: using physical force or aggression against another person (e.g., hitting)
- Verbal bullying: using words to verbally attack someone (e.g., name-calling)
- Social/relational bullying: trying to hurt someone through excluding them, spreading rumors or ignoring them (e.g., gossiping)
- Cyberbullying: using electronic media to threaten, embarrass, intimidate, or exclude someone, or to damage their reputation (e.g., sending threatening text messages).

BULLYING VS HARASSMENT

Bullying and harassment are similar, yet different:

- Harassment is similar to bullying because someone hurts another person through cruel, offensive and insulting behaviours.
- Harassment is different from bullying in that it is a form of discrimination.

WHAT IS DISCRIMINATION?

Discrimination is treating someone differently or poorly based on certain characteristics or differences. Bullying turns into harassment when the behaviour goes against Canada's Human Rights Laws and focuses on treating people differently because of:

- Age
- Race (skin colour, facial features)
- Ethnicity (culture, where they live, how they live, how they dress)
- Religion (religious beliefs)
- Sexual orientation (if they are gay, lesbian, bisexual, or heterosexual)
- Family status (if they are from a single parent family, adopted family, stepfamily, foster family, non-biological gay or lesbian parent family)
- Marital status (if they are single, legally married, common-law spouse, widowed, or divorced)
- Physical and mental disability (if they have a mental illness, learning disability, use a wheelchair) *Information courtesy of Red Cross Canada*



THE BEAR NECESSITIES

Buckhorn Public School Newsletter

1783 Lakehurst Rd. Buckhorn, K0L 1J0 * 1-705-657-8803

Safe Arrival 1-844-434-8119 <https://buckhorn.kprdsb.ca/>

*Twitter @BuckhornPs *YouTube



The Lions Club Good Deeds recipient are:



Isabelle Fairfield



Michaela Brown



Mia Silverberg

Stay healthy. Stay calm.

8 tips for managing your child's anxiety about COVID-19.



Create a routine.



Listen to your child and check in frequently.



Look for signs of anxiety.



Teach coping skills.



Focus on controllable tasks like washing hands.



Encourage positive thinking.



Stay connected.



Seek professional help if needed.

Stay Healthy

Families are facing major changes in their day-to-day lives because of [coronavirus disease \(COVID-19\)](#). With all the unknowns that come with a new virus, it's normal to feel anxious about the "what ifs" and the future. There are ways parents can help children cope with stress and anxiety about COVID-19. Every month we will offer tips on how to help children with anxiety about COVID-19.

Focus on what you can control. Instead of dwelling on issues that are out of our control, teach your child to focus on the things they

can control. Focusing on controllable tasks can help children think more logically and rationally.

"A lot of anxiety is steeped in "what-if" thinking which focuses on the worst case scenario. This way of thinking can lead to fear and negativity," explains Kumar. "If you can stop what-if thinking in its early stages, and instead focus on the things you can control, like what you can accomplish today or how you can stay safe, that will help remove those anxious thoughts."

Things children can control include finishing their work or daily tasks, telling family you love them, or drawing a picture or writing a letter to a teacher or friend. Remind your child of the practical steps they are taking to stay safe as well, such as [washing hands frequently](#) and [social distancing](#).



THE BEAR NECESSITIES

Buckhorn Public School Newsletter

1783 Lakehurst Rd. Buckhorn, K0L 1J0 * 1-705-657-8803

Safe Arrival 1-844-434-8119 <https://buckhorn.kprdsb.ca/>

*Twitter @BuckhornPs *YouTube



Raz-Kids

Essential Skills for Reading Comprehension – understood.org

Reading comprehension can be challenging for kids for [lots of reasons](#).

Whatever the cause, knowing the skills involved, and which ones your child struggles with, can help you get the right support.

Here is an essential skill needed for [reading comprehension](#), and tips on what can help kids improve this skill.

Reasoning and Background Knowledge

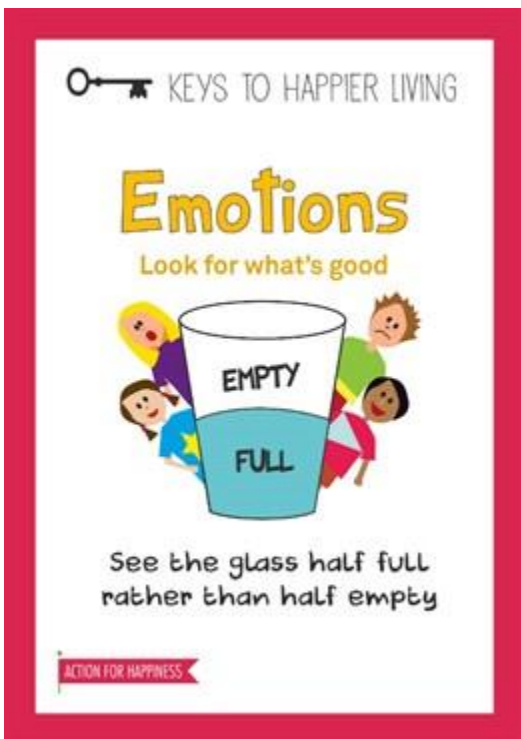
Most readers relate what they've read to what they know. So it's important for kids to have background or prior knowledge about the world when they read. They also need to be able to "read between the lines" and pull out meaning even when it's not literally spelled out.

Take this example: A child is reading a story about a poor family in the 1930s. Having knowledge about the Great Depression can provide insight into what's happening in the story. The child can use that background knowledge to make inferences and draw conclusions.

What can help: Your child can build knowledge through reading, conversations, movies and TV shows, and art. Life experience and hands-on activities also [build knowledge](#).

Expose your child to as much as possible, and talk about what you've learned from experiences you've had together and separately. Help your child make connections between new knowledge and existing knowledge. And ask open-ended questions that require thinking and explanations.

You can also read a teacher tip on [using animated videos to help your child make inferences](#).



Keys to Happier Living

Western neuroscience (the science of the brain) has now confirmed what Eastern wisdom has known for a long time: happiness is a skill we can learn.

Research shows that happiness, compassion and kindness are the products of skills that can be learned and enhanced through training, thanks to the neuroplasticity of our brains.

Every month we will present you with a challenging action to take to increase your happiness.

ACTION 6

Look for the good in those around you

Take time to bring to mind what we value and appreciate about others, we can both get more enjoyment from our time together.



THE BEAR NECESSITIES

Buckhorn Public School Newsletter

1783 Lakehurst Rd. Buckhorn, K0L 1J0 * 1-705-657-8803

Safe Arrival 1-844-434-8119 <https://buckhorn.kprdsb.ca/>

*Twitter @BuckhornPs *YouTube



My Child Did NOT Pass the COVID-19 Daily Screening. Now What?

(Please see [SCHOOL AND CHILDCARE SCREENING TOOL](#) for details on symptoms and screening.)

If your child has **ONE** new or worsening symptom (that is not related to a known cause or condition) which includes:

- Fever and/or chills (37.8 °C or higher)
- Cough or barking cough (croup)
- Shortness of breath
- Decrease or loss of sense of taste or smell
- Nausea/vomiting, diarrhea

If your child has:

- Been directed by a health care provider or public health to isolate OR if your child is not at least 14 days post 2nd vaccination and has:
 - ✓ Travelled outside of Canada in the past 14 days
- OR
- ✓ Been identified as a close contact of someone who has COVID-19
- OR
- ✓ Has received a COVID-19 Alert exposure notification on their cell phone in the last 14 days

STOP

STOP

Your child must not attend school or child care.
Contact the school or child care to let them know.

Your child must self-isolate (stay home) and book a **COVID-19 test at an assessment centre** and/or seek medical advice.

*All household members must self-isolate EXCEPT those who received their 2nd vaccination at least 14 days ago or were previously positive for COVID-19 within the past 90 days AND have no symptoms.

Refer to the **Return to School or Child Care** protocol.

Your child must not attend school or child care.
Contact the school or child care to let them know.

Your child must self-isolate (stay home) and follow the advice of the Local Public Health Unit.

If your child develops symptoms, you should **book a COVID-19 test at an assessment centre** and/or seek medical advice.

Refer to the **Return to School or Child Care** protocol.

***Anyone who has passed the COVID-19 Screening Tool but has symptoms of illness should stay home until they feel better.**



THE BEAR NECESSITIES

Buckhorn Public School Newsletter

1783 Lakehurst Rd. Buckhorn, K0L 1J0 * 1-705-657-8803

Safe Arrival 1-844-434-8119 <https://buckhorn.kprdsb.ca/>

*Twitter @BuckhornPs *YouTube



Who is going to earn the



Follow us on Twitter [@BuckhornPs](https://twitter.com/BuckhornPs)! Connect with us on EDSBY!
Check out our YouTube channel (coming soon!)

8:55-9:45
Announcements
Period 1
9:45-10:35
Period 2
10:35-10:55
Nutrition Break
10:55-11:15
Recess
11:15-11:55
Mindfulness break
Period 3
11:55-12:55
Period 4
12:55-1:15
Nutrition Break
1:15-1:35
Recess
1:35-2:15
Mindfulness break
Period 5
2:15-3:15
Period 6
3:00 early pick up
3:15 Dismissal

	Monday	Tuesday	Wednesday	Thursday	Friday
		1 Day 3	2 Day 4	3 Day 5 COUNCIL SPEAK OUT BE HEARD MAKE A CHANGE WE MUST BECOME THE CHANGE WE WANT TO SEE	4 Day 1
	7 Day 2	8 Day 3	9 Day 4	10 Day 5	11 Day 1
	14 Day 2 Wear Red	15 Day 3	16 Day 4	17 Day 5	18 Day 1
		22 Day 2	23 Day 3 Wear Pink	24 Day 4	25 Day 5
	28 Day 1	29 Day 2			

Join Us!



Co-chairs: Caroline VanNoort and Allison Schultz
Treasurer: Endrit Karaj
Secretary: Ashley Garbutt