

HUNTSVILLE

MAY NEWSLETTER



Wellness Theme: Mental Wellness

Your mental health is just as important as your physical health

Some ways to take care of your mental health include:

- Regular Exercise
- Eat healthy meals & snacks
- Drink enough water
- Get enough sleep
- Set goals and priorities
- Practice gratitude
- Spend time with family & friends
- Pray
- Limit time on social media

Upcoming Events:

- Mental Health Week
May 5 - 9
- Hats on for Mental Health
May 8
- Huntsville Hootenanny
May 23

**** MORE DETAILS TO COME ****

Important Dates

- May 6 - Parent Council Meeting
- May 7 - Zoo Field Trip Gr 1-3
- May 8
 - Hot Lunch
 - Gr 10-12 Fishing Trip
 - Hats off for Mental Health Day
- May 15 - Mother's Day Tea
- May 16 - PD Day - No School
- May 19 - No School
- May 20 - Coyote Flats Pioneer Village K-3
- May 22 - Hot Lunch
- May 23 - Connection Friday
- May 27 - Piyami - 6/7
- May 28 - Grade 6 ELA Part A PAT
- May 29 - PD Day - No School
- May 30 - No School

**** IMPORTANT MESSAGE ****

The school board approved that the proposed alternate calendar could be created **without** a formal vote.

So, next year's calendar will have fewer Fridays, as discussed at the meeting.

