May 29-June 2

Our Theme in June is: Cultivating Joy

School hours 8:45am – 2:37pm

Walk and Wheel Week

organized by the SJD Active Transportation Committee

Monday, May 29

Tuesday, May 30

Wednesday, May 31 Gr.4/5 Volleyball drop-in (gym) 12:10-12:35pm

Thursday, June 1 Chess Club Gr.3-5 12:10-12:35pm

Friday, June 2

Important events coming up

Tuesday, June 6th:	Strings concert 6pm
Friday, June 9th:	Parent Appreciation Day: Pancake Breakfast
Wednesday, June 14th:	Gr.5 Family Night at Central Middle School 6:30pm
Tuesday, June 20th:	PAC meeting 6:30-8pm
Thursday, June 22nd:	Visual Art Show
Friday, June 23rd:	FUN Day
Wednesday, June 28th:	Gr.5 lunch and FUN activities
Thursday, June 29th:	Last day of school/last report card to go home

June SEL theme: Cultivating Joy

In our final month of this school year, and as we go into summer holidays, we will be talking about cultivating joy. Finding slivers of joy can be a very powerful tool to improve mood, self-esteem, and feelings of optimism, even in challenging times. Joy is subtly different from happiness in that it is as a state of mind rather than simply a good or pleasurable feeling. Cultivating joy begins by appreciating small and meaningful moments in one's day. These can be things like spending time with a family member, helping out a friend or neighbour, enjoying nature, or experiencing a beautiful piece of art. We can become more intentional in recognizing these simple moments by asking ourselves: what things matter most to me?; who are the people that matter most to me? and; how can I contribute to my community? We challenge our students and school community to engage in joyful experiences this month and over the summer.