



April 29-May 3

School hours 8:45am – 2:37pm

Our Theme in May is Mental and Brain Wellness

Student-led Conferences Week

(The schedule has been communicated by your child's teacher-please reach out directly to the teacher if you have not received the information)

<u>Monday, April 29</u>	800m practice gr.3-5 12:10-12:35pm
<u>Tuesday, April 30</u>	Girl's 100m & relay practice gr.3-5 12:10-12:35pm
<u>Wednesday, May 1</u>	11:50am early dismissal
<u>Thursday, May 2</u>	Boy's 100m & relay practice gr.3-5 12:10-12:35pm Chess Club gr.2-5 12:10-12:35pm
<u>Friday, May 3</u>	Beading Club 12:10-12:35pm

Important events coming up

Wednesday, May 8:	FUN lunch (pizza)
Tuesday, May 14:	Welcome to K event 3-4:30pm
Thursday, May 16:	Transition Day for grade 5 students (visit Middle School)
Friday, May 17:	Pro-D Day: no school in session
Monday, May 20:	Victoria Day: no school in session
Wednesday, May 22:	TRACK Meet at Uvic

Track at SJD

Track has begun at SJD for grades 3, 4, & 5 students. Students may compete in up to 2 events: 100m, 800m, or the relay.

- 800m practice will be with Mme Spicer on Mondays at lunch recess
- Girl's 100m & relay practice will be with Mrs. Dol and Mrs. Sihota on Tuesdays at lunch recess
- Boy's 100m & relay practice will be with Mr. Pretty and Mme Robinson on Thursdays at lunch recess

All students are welcome to try out and we will include as many students in each category as possible, however, due to time limits at UVIC on May 22nd for the Track Meet, there is a limit to the number of students that can come. We have never had to turn away students in the past and hopefully, this year is the same. Permission forms and info about track day will be sent home closer to May 22nd once we have our track teams.



SEL Theme for May: Mental and Brain Wellness

To align with May being Mental Health month in Canada, our school's Social Emotional Learning (SEL) theme for May will be mental and brain wellness. As such, throughout the month we will be learning about the brain, encouraging children to talk about their emotions, and supporting them to become curious about mental wellness.

Brain and mental wellness are important focuses for all stages of life and impact how we think, feel, and act. Indeed, just like physical health, we all have mental health, and just like physical health there are things we can do to look after mental health proactively. For instance, learning how to make healthy choices like getting enough physical activity, prioritizing a healthy sleep routine, setting limits on screen time, spending time with others, engaging in creative activities, and striving for balanced nutrition can boost brain health and support children through life's challenges.



Homestay Opportunities

It's that time of year! The Greater Victoria School District's International Student Program is looking for new families interested in joining the vibrant hosting community. With students arriving to attend short term programs in the summer (2-6 week stays) and longer-term programs in the Fall, there are many opportunities to begin hosting.

Host Families provide 3 meals a day along with healthy snacks and a welcoming environment. \$1260 per month is provided as reimbursement for student support (pro-rated for shorter stays.) Orientation and 24/7 support is available from the homestay office.

For more information:

Website: www.studyinvictoria.com/homestay

Phone: 250-592-6871

Email: homestay@sd61.bc.ca

Invitation for Metis Students and Families

Metis students and families, you are invited to join the Metis Nation of Greater Victoria at the May 15 community potluck in the gym at the Native Friendship Center. We begin at 5:45pm. We are lucky to have two-spirit Metis artist Lynette Lafontaine joining us to share their journey to becoming a Metis artist. There will be a draw for one of their wonderful creations as well! Kids may be inspired by Lynette and their art world. Bring a food item to share, and bring your own plate and cutlery if you remember to cut down on waste. Hope to see you there! Mme Rolston

Lynette's Bio

Muskwa mostos kesigok iskew is my spirit name, which roughly translates as bear buffalo northern lights woman. I was given the French name Lynette La Fontaine by my parents at birth, Richard La Fontaine (Métis) and LeEtta La Fontaine (née Poirier). I am a Métis visual artist with roots in northern Saskatchewan, as well as the historic Métis community of Red River settlement and Nehiyaw community of Norway House. I grew up on the traditional, unceded Dakelh territory of the Stella'ten and now currently reside in the traditional Lekwungun (Tsarlip and WSÁNEĆ Nations). My work is inspired by connection to land, heart, spirit, ancestors and teachings from Elders and knowledge holders. With the intent to honour these connections, I utilize my preferred mediums of traditional and contemporary beadwork, mixed media, traditional materials such as porcupine quills, reindeer/ moose/ elk hair, white fish scales, and hide, as well as acrylic painting and fabrics. I aspire to continue to gather the skills and knowledge of traditional Métis art forms, such as horse hair wrapping, quill work, moose hair embroidery, and hollow hair tufting and sculpting, through self-study and knowledge transfer by master knowledge holders. In turn, reciprocating the transfer of knowledge to others, informally and formally.

Lost and Found

Has Your Child Lost Something?

Please take a look when you come to school next week during Student-led conferences.



STEM Festivals

On Saturday, May 11, [Science Rendezvous](#), one of Canada's largest, free, one-day STEM festivals, will be returning to Victoria. Hosted by the University of Victoria, Camosun College and Ocean Networks Canada, this event is a great opportunity for students and families of all ages to engage in science in a fun and interactive way, and we would appreciate it if you could let your students and families know about the event! We've attached a poster, PowerPoint slide, and a social media graphic for your convenience, and included more details below.

Science Rendezvous offers students K-12, educators, and science enthusiasts of all ages the opportunity to engage in hands-on STEM learning by participating in 35+ activities side-by-side with real, world-renowned scientists, engineers, mathematicians, and computer and software experts who live right here in Victoria.

Walk through a state-of-the-art greenhouse, peer at the stars using the largest telescope on any Canadian university campus, demo the latest tech for renewable energy, investigate a human skeleton to uncover who they once were, experiment with lasers, explore the ocean...there's science galore at Science Rendezvous!

Date: Saturday, May 11th, 2024

Time: 10:00 a.m. – 3:00 p.m.

Note that doors will be opening at 9:30 a.m. at both locations for families who would benefit from a distraction-reduced environment.

Locations:

- Bob Wright Centre, University of Victoria ([map](#))
- Alex & Jo Campbell Centre for Health and Wellness, Camosun College Interurban Campus ([map](#))

Cost: Free!

[Visit the event website for more details](#)



A new SJD student!!