



# PARENTS



## MARCH 1-5

Monday Mar 1	Tuesday Mar 2	Wednesday Mar 3	Thursday Mar 4	Friday Mar 5
E2/F1	E1/F2	E2/F1	E1/F2	E2/F1

### Q3 MID-TERM REPORT

A reminder to parents and legal guardians that this will be the last week before teachers submit their Mid-Term Report for Quarter 3. We encourage parents to have a talk with their teen to make sure that they are caught up and have no missing assignments. The Q3 Mid-Term Report will be published on Monday, March 8<sup>th</sup> at 4 pm.

### DAILY HEALTH DECLARATION

Thank you to all of our students for their continued effort in doing the daily health declaration before coming to school. Please keep it up and remember to keep your child at home if they answered “yes” to any of the daily health questions. In addition, The Ministry of Education has worked with PublicHealth and the BCCDC to create a daily health check website and mobile app (K-12 health checker app) for students and their families to complete before heading to school in the morning. The website and app will contain the most up-to-date BC health guideline information. Please [click here](#) for more information.



### STUDENT WELLNESS TIP

It is always important to look after and take care of yourself, even more so during this extraordinary time of COVID-19.

#### **Laughter is the best medicine**

Did you know that laughter releases endorphins (natural chemicals) in the body that promote a sense of well-being?

Laughter:

- reduces stress.
- relaxes our body.
- increases our energy levels.
- boosts the immune system.
- eases distressing emotions.

### PARENT LEARNING SURVEY (OPTIONAL)

Last week our Grade 10 and 12 students participated in the Student Learning Survey. The results of this survey will be used to help improve education for all of our learners. Similar to the Student Learning Survey, parents are also encouraged to provide feedback. We are very interested in your thoughts to let us know about your experiences. What is working well? What can we improve? The survey is confidential and if you are interested, please [click here](#). You have until April 30<sup>th</sup>.

### STUDENT CALENDAR

The student calendar is now available for March to May. Please [click here](#) to see all the events that are taking place in those months.

### DATES TO REMEMBER

- March 8 – Mid Term Report Published in MyEd
- March 9/10 – Math 8/9 Placement exam @3:30
- March 9-12 – Parent – Teacher Conferencing
- March 11 – Emergency Drills x3 (F1)
- March 12 – Last day Before Spring Break
- March 15 – 26 – Spring Break
- March 29 – School re-opens after Spring Break
- April 2 – Good Friday
- April 5 – Easter Monday

# THE WILDCAT WAAG