



PARENTS



MAY 3-7

Monday May 3	Tuesday May 4	Wednesday May 5	Thursday May 6	Friday May 7
G1/H2	G2/H1 AP Calculus Exam 8 am Meet the Teacher (virtual)	G1/H2	G2/H1	G1/H2
Mental Health Week				

QUARTER 3 REPORT CARDS

Quarter 3 Report Cards are now available on the Parent Portal. Please take some time to view this with your teen. Celebrate the successes so far and discuss student plans for areas that may need some continued growth and improvement. If you have any concerns about your child's progress, please reach out to the teacher via email. You could communicate that way or arrange a time for a phone conversation. [Click here](#) for a list of staff emails.

CANADIAN MENTAL HEALTH WEEK - MAY 3-9

Even in times of extreme anxiety and stress, mental health is something we can protect, not just something we can lose. Heavy feelings lighten when you put them into words. When we voice our emotions, the pain gives way. So, let's understand and name how we feel. Angry? Glad? Frustrated? Sad? It's all good.

This CMHA Mental Health Week, we focus on how naming, expressing, and dealing with our emotions — the ones we like and the ones we don't — is important for our mental health.

This Mental Health Week, don't be uncomfortably numb. #GetReal about how you feel. And name it, don't numb it.

[Click here](#) for more information.

AP EXAMS (MAY 4-14)

AP exams are starting next week, and it's really important that students check their exam time and location. Students who are late to the exam may not be allowed entry. Good luck with your exams.

MEET THE TEACHER – MAY 4TH

Similar to previous terms, our staff will not be able to meet with you face to face. Most Quarter 4 teachers will email you directly on Tuesday, May 4 with course outlines and any other important class information. A few teachers may contact you with a Zoom link and others may share a short video presentation. Please email the teacher if you have not received anything by Friday, May 7th.

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.

Mental Health

Studies suggest that as many as 14% to 25% of children and youth experience mental health issues that have a significant impact on their academic, social, and family life. Here are some tips that you can do to help improve your mental health.

- Talk about your feelings
- Keep active
- Eat and sleep well
- Ask for help

DATES TO REMEMBER

May 3-9 – Canadian Mental Health Week

May 4- Meet the Teacher (virtual)

May 4-14 – AP Exams

May 17 – Grade 8 ADST rotation

May 21 – Pro D Day

May 24 – Victoria Day

May 26 – Gr 7 Virtual Orientation