



# BIG ROCK BEACON

APR 2021

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THIS SCHOOL IS FOR KIDS



## April/May Upcoming Events

**April 2 - April 11:** Easter Break

**April 15:** School Council Meeting 6:30PM

**April 30:** PD Day NO SCHOOL

**May 5:** Hats on for Mental Health Day

**May 17:** Vaccinations

**May 21:** PD Day NO SCHOOL

**May 24:** Victoria Day NO SCHOOL

## Important Reminders

### Are you moving?

- If you anticipate a move to a different school, PLEASE let the office know ASAP
- If you have a child in Grade 6 that will not attend Okotoks Junior High School, PLEASE let the office know ASAP

### Full Day Kindergarten

Big Rock School is pleased to offer a full-day Kindergarten program for the 2021-2022 School year! Deadline to register is April 30<sup>th</sup>. The cost for the full-time program is \$250/month.



- Details can be found online:

<https://bigrock.fsd38.ab.ca/view.php?action=object&id=12232&stream=New>

## Crosswalk Safety



When you are in your car and you see the Patrollers on the crosswalk, please **STOP** when their signs are out. If you are a pedestrian, please wait until the Patrollers have opened the crosswalk before you proceed to cross. Remember that these students are all volunteering their time and are doing their best job to keep our crosswalks safe!

## Health and Safety Reminders



- Please continue to **keep your children home if they are sick** and monitor their condition before sending them back. We thank you for your continued cooperation in keeping Big Rock School safe and healthy for our students.
- Remind your students about regular hand-washing, social-distancing, and wearing their masks properly.
- **Student illnesses and what to do next:** We will do our best to answer your questions, but the best source of information when your child is sick, or is a close-contact is to call 811.



When in doubt, **call 811** or visit: <https://www.alberta.ca/covid-19-education-and-child-care.aspx> if you need general information about Alberta's response to Covid and the school environment.

Thank you for being diligent and supportive families as we adjust to the changing environment together. **You are amazing!**

**We work best when we work together.**





## **School Parent Council**

### **Home and School Association (Society)**

#### ❖ Hot Lunch



- Hot Lunch ordering for **May** opens April 14<sup>th</sup> and will close April 29 at 6pm No late orders will be accepted.

<https://munchalunch.com/login.aspx>

- If you have any questions or concerns about the Hot Lunch program, please contact the Lunch Coordinator at: [bigrocklunch@gmail.com](mailto:bigrocklunch@gmail.com)
- Volunteers are needed for about 1hr/shift. If you're interested please contact Jenni or Mandy at [bigrockhotlunch@gmail.com](mailto:bigrockhotlunch@gmail.com) for more information

#### ❖ Bottle Depot donations would be greatly appreciated

#### ❖ Check out our Facebook page for info and updates

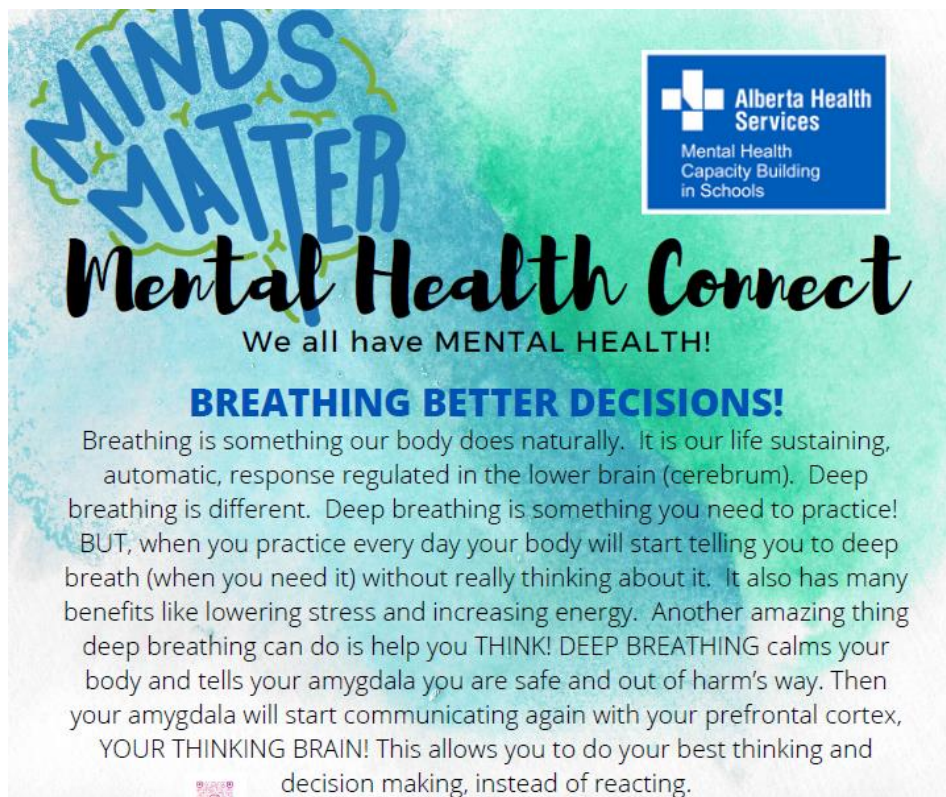
#### ❖ Email us: [schoolcouncilbigrock@gmail.com](mailto:schoolcouncilbigrock@gmail.com)

#### ❖ School Parent Council Meetings:

- Next Meeting Thursday, April 15<sup>th</sup> (6:30PM)

Link: [April 2020 Big Rock School Council MEETING AGENDA](#)

## Community Connections



The poster features a blue and green watercolor background. At the top left, the words "MINDS MATTER" are written in a large, stylized, blue font. Below this, "Mental Health Connect" is written in a black, cursive font. Underneath that, the phrase "We all have MENTAL HEALTH!" is written in a smaller, black, sans-serif font. In the top right corner, there is a blue rectangular box with the Alberta Health Services logo and the text "Mental Health Capacity Building in Schools". Below the main title, the heading "BREATHING BETTER DECISIONS!" is written in a bold, blue, sans-serif font. The main body of text is in a black, sans-serif font and discusses the benefits of deep breathing.

**MINDS MATTER**

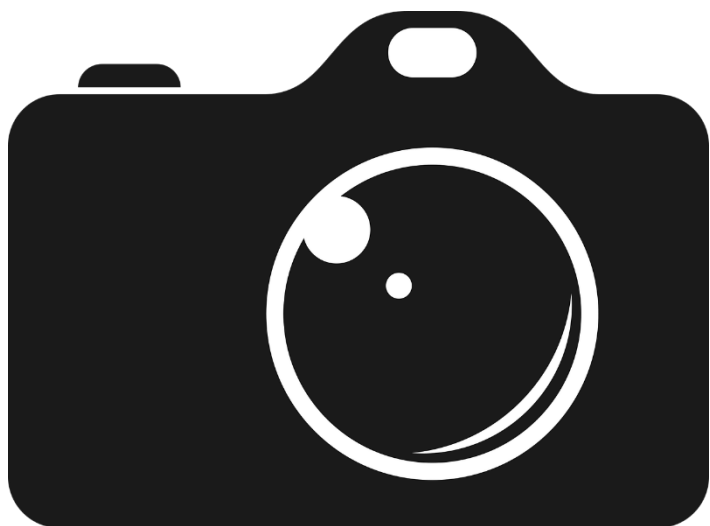
**Mental Health Connect**

We all have MENTAL HEALTH!

**BREATHING BETTER DECISIONS!**

Breathing is something our body does naturally. It is our life sustaining, automatic, response regulated in the lower brain (cerebrum). Deep breathing is different. Deep breathing is something you need to practice! BUT, when you practice every day your body will start telling you to deep breath (when you need it) without really thinking about it. It also has many benefits like lowering stress and increasing energy. Another amazing thing deep breathing can do is help you THINK! DEEP BREATHING calms your body and tells your amygdala you are safe and out of harm's way. Then your amygdala will start communicating again with your prefrontal cortex, YOUR THINKING BRAIN! This allows you to do your best thinking and decision making, instead of reacting.

Email [ferrariot@fsd38.ab.ca](mailto:ferrariot@fsd38.ab.ca) for more information



### Did you miss Spring Photo day?

Lifetouch will be hosting a spring photo studio day on **Saturday May 8.**

Anyone who may have missed or would like a retake of their spring photo session, this includes kindergarten, grade 6, & 9 grad photos, is welcome to make an appointment at our studio located at 3628 Burnsland Rd. SE.

Please call our office at 403.255.5440 to book an appointment.



# MONTH of APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
Easter Break April 2 – April 9 <sup>th</sup> .				
12 Welcome Back!	13	14	15 School Council Meeting 6:30pm	16
19	20	21	22	23
26	27	28	29	30 PD DAY NO School
May 3	May 4	May 5 Hats on for Mental Health	May 6	May 7