

Dear Legal Families,

I hope this message finds you all continuing to stay healthy, safe and well. I want to extend a special thank you Marissa Bokenfohr, Austin Harding, Josh Reed, Daecota Cole, and the LeBlanc family for submitting videos for our division's celebration of Catholic Education Week, as well as to all of you who wore blue this past Thursday to celebrate World Catholic Education Day. It's heartwarming to see the support for faith based education alive and well in Legal. As one of our division teachers said in the video, "In Catholic Schools, we prepare students for a life of worth, not just work." I thought that was a brilliant way to describe what we do in our schools. If you haven't seen the video, it's on our Facebook page and linked here for you to watch. [This week's video](#). You can also find all the previous videos and Mr. Keohane's weekly messages on our division website, [www.gsacrd.ab.ca](http://www.gsacrd.ab.ca).

**St. Emile Day** - We also celebrated St. Emile Day on Friday, May 22nd. If your children made the God's Eye Weave craft, I would love to see some pictures of their work to post on our social media. I hope you enjoyed learning a bit about Father Emile Joseph Legal, our parish and town's namesake.



**Month of Mary** - We will continue to focus on Mary during the month of May and offer prayers and petitions to her.

**Survey Says!** - We have one last survey to fill out this year. Please take a few minutes to complete it. We really do value your opinions and we read and analyze all of the data to make decisions about how we organize education and opportunities at school. You can use the link or the QR code (just hold your camera on your phone up to the code). Students in grades 4-9 will be asked to fill out age appropriate surveys as well. The codes will be in their Google Classrooms. This one's for parents to fill out. [District Satisfaction Survey](#)



**School Council Meeting** - Our last school council meeting for the year was last week. Thank you to all the parents who joined us. We always appreciate your questions, feedback, and support for our school and what we do. If you weren't able to make it but would like to read the minutes, they are posted on our website under "Menu/Parents/Parent School Council". Our next meeting will be September 9, 2020 at 6:30. We will be voting in our executive and planning our year so it's an important meeting to put on your calendar. We welcome all parents of Legal School. We also voted on our Safe and Caring policy. It is posted on our website under "About Us/Student Code of Conduct" and in the Parent School Council section.

**Online Learning** - As stated in Mr. Keohane's communication from Friday, May 22, online learning in gsacrd will continue for Kindergarten and PreK until June 19 and for grades 1-12, until June 26. There will be no face to face final exams and marks will be based on evidence collected before and during online learning. Report cards will be issued electronically for all students on June 25. We will be contacting you in the next few weeks with a plan and schedule for dropping off any materials, including textbooks and technology, that you borrowed.

**Registration** - Now is the time to register your children for September. While we are still uncertain of what September will look like, we do know that we cannot plan or program for your children if they are not registered at our school. Please send in your registration as soon as possible. All registrations in GSACRD are online this year and can be found on our website on the home page. Thank you! If you have questions about the online registration process, please contact Mrs. Blinston at [mblinston@gsacrd.ab.ca](mailto:mblinston@gsacrd.ab.ca) or call the school and leave a message.

**Grade 9s**, you can register for MCHS by going to their website and clicking on the link for online registration. Again, the option choices you want will be first come first served so please register as soon as you can. For students in grades 9-12, gsacrd will still be offering summer school. Registrations are open for you to enrol your child now. Classes will be online so you can complete them from anywhere with an Internet connection.

[GSACRD Summer School](#)

I pray that you are all keeping healthy and safe. Please continue to contact your children's teachers or administration if you have questions or concerns. We are here for you.

Blessings,

Renee Trottier, principal

**Website** - Don't forget to check out our website for our "Learning from Home" section where we provide resources to support you and your child and to provide extra activities that your child can do if they need it.  
<https://www.ls.gsacrd.ab.ca/>

**Birthdays - Happy Birthday to:**

We don't have any student or staff birthdays this week but if you are celebrating a special day, we wish you all the best!



**Alberta Health Services Virtual Caregiver Sessions for Children, Adolescents and families**

There is more to this site than ADHD sessions. Please click on the link to discover information about anxiety, depression, self-injury, Triple S Parenting Sessions, "Lunch and Learns", helping children build executive functioning skills, parenting teens, self-regulation for children . . . the list goes on! If you're struggling with your child or children right now, please check out this site for helpful information.

[Caregiver Education](#)

**GSACRD VOICE** - Miss Josey, our Mental Health Capacity Support, is available twice per week for open office hours as well as for individual sessions, if you or your child would like to contact her. You can find all of her resources on our "Learning From Home" section on our website under "Counsellor's Corner".

Miss Josey has recently created a couple of new videos that you can use with your children.

### Spread Love & Kindness Activity

In this mindfulness activity we will be spreading love and kindness to ourselves, to the ones we love, and to people throughout the world.

[https://www.youtube.com/watch?v=cFCHfxE-p\\_Y&feature=youtu.be](https://www.youtube.com/watch?v=cFCHfxE-p_Y&feature=youtu.be)

### Talking About Our Sad Feelings

In this video, we will be talking about our sad feelings, what to do when we are feeling sadness, and reading the book "When Sadness is at your Door" by Eva Eland. This book talks about ways we can help make our feelings of sadness feel better!

[https://www.youtube.com/watch?v=4cv\\_Ucsg5aA&feature=youtu.be](https://www.youtube.com/watch?v=4cv_Ucsg5aA&feature=youtu.be)

### Stress, tension and sore muscles

We are all sitting at computers much more than usual during this time. With another week coming to an end, our bodies may be really feeling tense and sore. If you are in need of some quick stretching ideas and tension relief, take a look at the attached resource that GSACRD VOICE team member Deanna Marler made with some easy stretches that you can do in your at-home work space! It's important to take time out of our days to take care of our minds and bodies, and stretching and moving around is a strategy we can use in helping us feel better throughout our day!

GSACRD VOICE

## MISS JOSEY'S VIRTUAL OFFICE HOURS

COME PLAY SOME GAMES, HANG OUT, OR SIMPLY CHAT WITH MISS JOSEY!

PLEASE CLICK ON THIS LINK OR COPY & PASTE THIS LINK INTO YOUR GOOGLE CHROME/SAFARI: [MEET.GOOGLE.COM/OWJ-VPMF-EAE](https://meet.google.com/owj-vpmf-eae)

**TUESDAYS: 1:00 PM - 2:00 PM (ELEMENTARY)**  
**THURSDAYS: 11:00 AM - 12:00 PM (JUNIOR HIGH)**

To meet with Miss Josey outside of these times, please email [cjosey@gsacrd.ab.ca](mailto:cjosey@gsacrd.ab.ca)

## Simple Stretches To Do At Your Desk

<b>1 Neck Stretch</b> Tilt your head to the side and apply gentle pressure with your hand.	<b>2 Shoulder Stretch</b> Clasp your hands behind your back and push your chest forward.	<b>3 Tricep Stretch</b> Bend one arm behind your head and grab hold of your elbow.
		
<b>4 Lateral Trunk Stretch</b> Raise your arm above your head and bend to the opposite side.	<b>5 Trunk Rotation</b> Cross one leg over the other and twist toward the open side.	<b>6 Hamstring Stretch</b> Straighten your leg with your heel rested on the floor and gently bend towards your foot.
		
<b>7 Hip Stretch</b> Hug your knee towards your chest.	<b>8 Quad Stretch</b> Bend your knee and gently pull your ankle behind your back.	
		

GSACRD VOICE

**Week at a Glance:**

Time	Monday May 25	Tuesday May 26	Wednesday May 27	Thursday May 28	Friday May 29
8:30-9:00					
9:00-9:30	<b>Grade 5/6 Meet</b>				
9:30-10:00	<b>Grade 6 Social Meet</b>				
10:00-10:30				<b>Grades 4-6 Citizenship Meet (link in classroom)</b>  <b>AM Pre-K/Kinder Meet</b>	
10:30-11:00					
11:00-11:30		<b>Math 9 Meet</b>  <b>Grades 1-6 Religion Prayer and then Grades 1-3 Religion Meet right after prayer</b>	<b>LA9 Meet</b>	<b>Science 9 Meet</b>  <b>Grades 1-6 Religion Prayer and then Grades 4-6 Religion Meet right after prayer</b>  <b>Miss Josey-Open Office Hours-Gr7-9 Google Meet Code: legalvoice</b>	<b>Social 9 Meet</b>
11:30-12:00	<b>Grade 4/5 Meet</b>			<b>Miss Josey-Open Office Hours</b>	
12:00-12:30		<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	
12:30-1:00		<b>Grade 7 Meet (Tymchuk)</b>			<b>Social 7 Meet</b>
1:00-1:30		<b>Math/LA 8 Meet</b>  <b>Miss Josey-Open Office Hours - Elem Google Meet Code: legalvoice</b>		<b>Science 8 Meet</b>	<b>Social 8 Meet</b>
1:30-2:00		<b>Miss Josey-Open Office Hours</b>			
2:00-2:30				<b>PM Pre-K/Kinder Meet</b>	
2:30-3:00					