

Dear Legal Families,

Today is Pentecost Sunday which is the last Sunday of Easter and the day that is considered to be the birthday of the church. Jesus promised that he would not leave us alone so he sent the Holy Spirit to guide us here on earth. The disciples were all given special gifts to use for the good of others. In Catholic Education, we model this by focusing on the God given talents of our students and encouraging them to use their unique talents and strengths to better the world around them.

Bussing for next year - for parents who have children on Legal School bus routes - you were sent an email from our division transportation department this past week. ***I would strongly encourage you to please register for bussing as soon as possible.*** Transportation bases the number of busses we need on bus registrations, not on past ridership. As well, if you have a child going into Kindergarten, please make sure you indicate that you want a noon pick-up time. If we have enough parents who need a noon bus run, we might be able to get a bus route.

Survey Says! - We have only had 6 parents fill out our survey. Please take a minute to do this one. It's very short. 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](#)



Registration - Just a reminder to fill out your registration forms as soon as possible. "While the Alberta Government [has not made any decisions](#) regarding school operations for 2020-21, it continues to work with school authorities and education system partners on developing a comprehensive [re-entry plan](#). The plan will prioritize the safety and well-being of teachers, staff, and students and be informed by both Alberta's [Relaunch Strategy](#), as well as expert advice from the chief medical officer of health. GSACRD will be ready for any scenario the province brings forward." (excerpted from Mr. Keohane's May 29/20 message).

All registrations in GSACRD are online this year and can be found on our website on the home page. If you have questions about the online registration process, please contact Mrs. Bliston at mbliston@gsacrd.ab.ca or call the school and leave a message.

Grade 9s - MCHS is still taking registrations for grade 10. As well, don't forget to check out GSACRD Summer School opportunities. [GSACRD Summer School](#)

Kids on the Block Puppet Show - We have a unique opportunity to watch the Kids on the Block group perform a puppet show that will highlight the importance of recognizing the signs of epilepsy and seizure. **[Please wear purple on Wednesday June 3](#)** and click on the link below the weekly schedule to access the puppet show performance. They're very good and definitely worth watching!

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:

This month we will be celebrating our June, July and August birthdays!

June 2 - Carter McArthur

June 6 - Nate LeBlanc

June 7 - Taylor Kochtubajda

July 1 - Cierra Kinshella

July 2 - Grayden Kewley

July 5 - Mrs. Trottier

August 1 - Isabel Adamowski

August 2 - Mrs. Perkins

Arianna Blake

August 4 - Aurora Willemsen

August 5 - Alex Thachuk

August 6 - Brandt Bokenfohr



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.

Mindfulness Stretching Activity:

In this activity, we will be doing different stretching movements that support our mental and physical health. Stretching is a great way to relieve stress or frustration, or when feeling overwhelmed. Stretching is a way to practice mindfulness, self-care, and creates a healthy balance within your day.

<https://www.youtube.com/watch?v=Mxk9wtFTPKI&feature=youtu.be>

Shoulder Roll Breathing Activity:

In this mindfulness activity, we will practice a breathing technique called "Shoulder Roll Breathing". It is a great activity to do to bring some peace and relaxation after doing our school work or work at our computers!

https://www.youtube.com/watch?v=RGU_WFzBST0&feature=youtu.be

How to Gain Control of Your Free Time - This is an eye-opening TEDTalk on time. Laura Vanderkam says that time management involves understanding where our time is going and making self-care and happiness a priority within our schedules. She offers a few practical strategies to help find more time for what matters to us, so we can "build the lives we want in the time we've got". Check out her TEDtalk below.

Video: How to Gain Control of Your Free Time

https://www.ted.com/talks/laura_vanderkam_how_to_gain_control_of_your_free_time?rid=uPg0LFhnsG4n&utm_source=recommendation&utm_medium=email&utm_campaign=explore&utm_term=watchNow



Week at a Glance:

Time	Monday June 1	Tuesday June 2	Wednesday June 3	Thursday June 4	Friday June 5
8:30-9:00					
9:00-9:30	Grade 5/6 Meet				
9:30-10:00	Grade 2/3 Meet				
10:00-10:30				Grades 4-6 Citizenship Meet AM Pre-K/Kinder Meet	
10:30-11:00	Grade 1/2 Meet				
11:00-11:30	Math 9 Meet	Grades 1-6 Religion Prayer and then Grades 1-3 Religion Meet right after prayer	LA9 Meet	Science 9 Meet Grades 1-6 Religion Prayer and then Grades 4-6 Religion Meet right after prayer Miss Josey-Open Office Hours-Gr7-9 Google Meet Code: legalvoice	Social 9 Meet
11:30-12:00	Grade 4/5 Meet			Miss Josey-Open Office Hours	
12:00-12:30		LUNCH	LUNCH	LUNCH	
12:30-1:00	Grade 7 Meet (Tymchuk)				Social 7 Meet
1:00-1:30	Math/LA 8 Meet	Miss Josey-Open Office Hours - Elem Google Meet Code: legalvoice	Kids on the Block Puppet Show - See link below to join	Science 8 Meet	Social 8 Meet
1:30-2:00		Miss Josey-Open Office Hours	Kids on the Block Puppet Show - See link below to join		
2:00-2:30				PM Pre-K/Kinder Meet	
2:30-3:00					

****Reminder - Monday, June 8 is a PD/Staff Meeting Day so there is no school for students.**

Topic: KIDS ON THE BLOCK ZOOM PRESENTATION

Date: Wednesday, June 3rd, 2020

Time: Waiting Room Opens @1:00 PM

- **Puppet Show Begins @1:30**

<https://us02web.zoom.us/j/85829445576?pwd=bGQ3R09OdHdNdXhVZVFZSng0QzRMQT09>

Meeting ID: 858 2944 5576

Password: 117868



The Kids on the Block Program on
Epilepsy

Featuring: Brian McDaniel, Nam Nguyen, and Joanne Spinks

MCHS Spring **CHEERLEADING** **CAMP**

In grade 8-11? Interested in trying out for the 2020/2021 MCHS Cheer Team in September? Come see what it's all about! Meet the coaches and learn some skills to work on over the summer!

**DATES: TUES. JUNE 2ND,
WED. JUNE 3RD,
TUES. JUNE 9TH AND
WED. JUNE 10TH**

TIME: 2:15PM-3:30PM
PLACE: GOOGLE MEET

**Please plan to attend all 4 dates.
Contact Mrs. Bulger with questions and to
be added to the Google Meet!!**

ABULGER@GSACRD.AB.CA