

Parent-Teacher Conferences will be held by Google Meet, in person, or by phone on **March 14th & 15th**

Please fill out the Google Form that will be emailed to you for each of your children. Responses from this form go directly to your child's teacher so they know what format you would prefer.

Conference times will again be booked with School Interviews. If you do not book a time using the online program, a time will be scheduled for you. **We look forward to chatting with you about your child's learning.**

Here is the link to access the School Interviews booking page for our school:

<https://schoolinterviews.ca/code/ahdaa>

There is also a QR code option.

Book now to find a time that best fits your schedule.



Mrs. Cote will email you if Mr. Wheeler would like to meet with you.

Shaunavon Public School

Thank you to Mrs. Bonnie Fritz and to Mrs. Peggy Barnett for making all the warm gear for our students. Your kindness is much appreciated.



We are so very excited to bring back the Scholastic Book Fair! Join us March 13th-16th. We will also be open during Parent Teacher Conferences on March 14th and 15th!



SPS is happy to announce the return of Chess Club on March 16th which will run every Thursday over the lunch hour until the end of April. Please see Mrs. Cote for a permission form which will outline more details.

Please remember to contact the school if your child will be absent, even if your bus is cancelled. It is important for us to ensure the safety of all our students.

We are continuing to practice safety drills with our students. Students are given instructions and an opportunity to ask questions prior to drills taking place.



7

EASY & FUN mindfulness ACTIVITIES FOR KIDS

BY THIS TIME OF MINE



Shaunavon Public
School



1

CALMING GLITTER JAR

- Grab a jar or plastic bottle and let your child decorate it.
- Fill the bottle $\frac{3}{4}$ of the way with water followed by clear glue, food coloring, and glitter.
- Seal the lid with hot glue, shake, and have fun watching the glitter settle.

2

LISTEN TO THE BELL

- Have your child sit somewhere comfortable and close their eyes.
- Ring a bell and instruct them to focus on the sound as it fades away.
- When they think the sound is gone, they can open their eyes.



3

FEEL THE BEAT

- Have your child jump up and down or do jumping jacks for 1 minute.
- Then have them sit down and place their hand on their heart.
- Encourage them to pay attention to their breathing and how their heartbeat feels.

4

HOW IS THE WEATHER?

- Help your child relate their feelings to different weather patterns (Sunny=happy, cloudy=lonely, etc.)
- Just as the weather, emotions come and go. Feeling emotions is perfectly normal, and naming them helps us have power over them.



5

5 SENSES GRATITUDE CHALLENGE

- Have your child close their eyes and use their senses to concentrate on things they are thankful for.
- Walk them through this exercise by asking, "What is your favorite thing to listen to?", etc.

6

HOT COCOA BREATHING

- Have your child close their eyes & imagine holding a big mug of hot chocolate.
- Tell them to slowly bring the mug close to their face.
- Then a deep breath in, smelling the delicious chocolate scent.
- And slowly blow the steam away from the hot chocolate.



7

SENSORY SCAVENGER HUNT

- Go outside on an adventurous scavenger hunt.
- As your child finds each item, have them notice how it feels, looks, and smells.



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HAPPY ST.
PATRICK'S DAY



D	K	R	A	I	N	B	O	W	I	F	D	J	R	W
R	W	S	D	R	J	Z	E	M	E	R	A	L	D	F
C	G	R	E	E	N	D	Z	O	P	L	F	E	S	K
B	O	L	C	L	O	V	E	R	R	W	A	S	G	G
E	W	T	Y	A	G	D	S	J	K	I	T	F	O	R
L	E	G	E	N	D	W	O	C	W	Q	H	L	L	J
U	S	S	D	D	F	T	I	H	G	A	F	H	D	I
C	C	P	R	S	A	N	Z	A	S	M	T	R	C	N
K	A	H	A	H	I	T	G	R	D	A	S	E	O	C
Y	B	I	T	G	S	H	A	M	R	O	C	K	I	D
M	B	L	A	R	N	E	Y	S	T	O	N	E	N	G
P	A	M	Z	Y	O	M	Z	I	Y	M	D	A	S	R
I	G	P	P	O	T	O	F	G	O	L	D	S	J	D
O	E	M	I	A	L	E	P	R	E	C	H	A	U	N
S	T	P	A	T	R	I	C	K	S	D	A	Y	J	D



Blarney Stone
Cabbage
Charms
Clover
Emerald

Gold Coins
Green
Ireland
Legend
Leprechaun

Luck
Pot of Gold
Rainbow
Shamrock
St Patricks Day

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Monday	Tuesday	Wednesday	Thursday	Friday
<div data-bbox="58 142 577 402" data-label="Text"> <h1>March</h1> </div>	<div data-bbox="604 147 814 397" data-label="Image"> </div>	<p>1</p> <p>Kindergarten Day 1</p>	<p>2</p> <p>Day 2</p>	<p>3</p> <p>Kindergarten Day 3</p>
<p>6</p> <p><i>Rock Your Socks for World Down Syndrome Day</i></p> <p>Day 4</p>	<p>7</p> <p>Kindergarten Day 5</p>	<p>8</p> <p>Day 6</p>	<p>9</p> <p>Kindergarten Day 1</p>	<p>10</p> <p>Day 2</p>
<p>13</p> <p>Kindergarten Day 3</p>	<p>14</p> <p><i>Parent Teacher Conferences & Book Fair!</i></p> <p>Day 4</p>	<p>15</p> <p>Kindergarten Day 5</p>	<p>16</p> <p>Day 6</p>	<p>17</p> <p><i>No School</i></p> <div data-bbox="1759 787 1999 1008" data-label="Image"> </div>
<p>20</p> <p><i>No School Day in lieu of Parent Teacher Conferences</i></p>	<p>21</p> <p>Kindergarten Day 1</p>	<p>22</p> <p>Day 2</p>	<p>23</p> <p>Kindergarten Day 3</p>	<p>24</p> <p>Day 4</p>
<p>27</p> <p>Kindergarten Day 5</p>	<p>28</p> <p>Day 6</p>	<p>29</p> <p>Kindergarten Day 1</p>	<p>30</p> <p>Day 2</p>	<p>31</p> <div data-bbox="1885 1352 2024 1422" data-label="Image"> </div> <p>Kindergarten Day 3</p>