### March 17-21





### St. Angela School Week at a Glance



@stangelaschoolecsd



@stangelaelementaryschool



@8013stangela

Order Hot Lunch Order School Apparel

https://stangela.ecsd.net/

## Student Wellness

"The four critical factors for achieving optimal child growth and success are movement, touch, human connection and nature. All time spent on screens is devoid of these four critical factors."

~ Cris Rowan

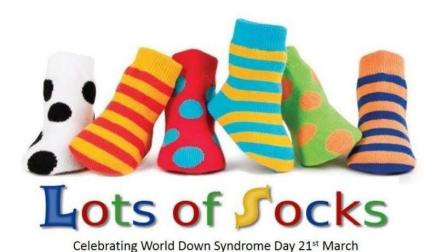


Multicultural Day is coming to St. Angela School on March 20! All students are encouraged to wear their cultural traditional clothing or something that represents their culture. This could be as simple as wearing the colors of a flag!

For the cultural potluck, please send your child with a spoon, fork, and a plate (plastic or paper).

Please ensure that all dishes are **nut-free** to accommodate allergies in our school. If you have any questions or dietary concerns, feel free to reach out.

Families are welcome to come in and join us for this special event. We hope to see you there!



## What is the Lots Of Socks campaign?

The Lots Of Socks campaign exists to raise awareness about Down syndrome.

Believe it or not, socks help us to get people talking on World Down Syndrome Day (WDSD), celebrated each year on March 21.

All you need to do is choose some socks that are going to get noticed - they might be mismatched socks or your craziest and most colourful socks!

If someone asks you about your socks you can tell them, "I'm wearing them to raise awareness of Down syndrome".

Click <u>here</u> to get yourself informed so you can tell them about Down syndrome!

### Purdy's Fundraiser

### Help support St. Angela Purdys Easter Campaign 2025







Go to purdys.com/fundraising
Click on support a campaign
Enter customer # 63077 & create a profile
Shop online

Place your order by March 26, 2025

Pick up at St. Angela on April 11, 2025

Any questions call or text Jill at 7809664621

# SAVE THE DATE





## Spring Break at EPL

Get ready for an unforgettable Spring Break at Edmonton Public Library from March 22 to 29! Join us for amazing guest performances, exciting EPL-led activities, and fantastic book recommendations. Don't miss out—learn more at <a href="mailto:epl.ca/springbreak">epl.ca/springbreak</a>.





Dress Like a Teacher Day





Hockey Hooky

### **Upcoming Dates**

March 24 – 28 – Spring Break

March 31 – Classes Resume

April 2 – Reading Stars Pizza Lunch

April 4 – Anything But a Backpack Day

April 11 – Hot Lunch – DQ

April 11 – Read a Shirt Day

April 17 – Grade 6 Immunizations

April 18 – Good Friday – No School

April 21 – Easter Monday – No School

April 22 – Earth Day

April 23 – STEM Assembly

April 25 – Easter Mass – 10:30 am

May 15 – STEM Night at the Zoo

May 29 – Spring Concert



# PARENTING CLASSES

Learn practical parenting tips



### **Nurturing Newborn Attachment**

Learn how to deepen the relationship with your baby. Private sessions only.

### **Parenting Toddlers and Pre-Schoolers**

This class covers everything from managing tantrums and potty training to building confidence and setting boundaries.

### **Parenting School-Age Children**

Learn about internet safety, chores, power struggles, ways to teach your child problem-solving skills, and more.

#### **Parenting Teens**

Build skills for better communication, increasing your teen's self-esteem, and dealing with anger.

### **Positive Parenting Strategies**

Learn positive tips for guiding your child's behaviour and building a better relationship with them.

### Parenting in Blended Families

Learn about the roles of the natural and step-parent and sibilings as well as how these changes can impact your child.

### Discipline for Children and Youth

Discover how to build discipline for your child, so they will become responsible, confident, and make good choices.

### **Parenting Communication Skills**

Learn effective ways for communicating with your child to avoid selective hearing, bickering, and nagging.



online or in-person | multiple dates | subsidies available Learn more and sign up at familycentre.org/classes or call 587.805.0286