



North Star Elementary School

May 2017 Newsletter

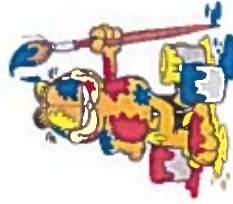
A school filled with love, laughter and learning

It's getting to be that time of year, where you want to be thinking about School Supplies. Yes, it is only May, but both, Tools for Schools (Staples) and Back to School Solutions (Value Drug Mart) have mid July deadlines to take advantage of online ordering. We will be sending home details and supply lists for each supplier within the next two weeks. Shop early and then relax for the summer!

SLEEP is Vital to Our Health

How important is sleep to your child? From a Mental Health perspective, it's essential! Longer periods of sleep loss can impair learning and cognitive processing. Lack of sleep can contribute to stress, anxiety and feelings of depression, which in turn can impact sleep creating a difficult cycle. Make sleep and sleep routines a priority to contribute to good mental health.

"Waking up to the Benefits of Sleep",
Royal Society of Public Health









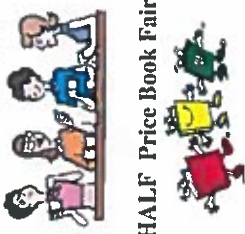


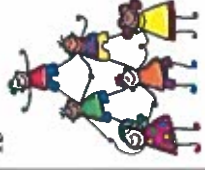















We are very excited to have cartoonist, Bart Pedersen working with our North Star students May 15th and 16th! Be sure to drop by the school and catch our budding artists creating their own masterpieces!

Virtue of the Month at North Star Self - Control

- **Self-Control** is when I am in charge of what I do and what I say.
- I use my **self-control** to listen and follow directions.
- Using **self-control** helps me not to do things that may be harmful to myself.
- **Self-control** helps me to stay safe, be successful and create peace.

MAY 2017 NSES A SCHOOL FILLED WITH LOVE, LAUGHTER AND LEARNING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> 	<p>2</p> <p>JUMP ROPE FOR HEART EVENT</p> 	<p>3</p> <p>Hot Lunch Quesadilla</p> 	<p>4</p> <p>Hot Lunch Burrito</p> <p>JUMP ROPE \$ DUE BACK</p> 	<p>5</p> <p>Family Friday NO School</p> 	<p>6</p> 	
<p>7</p> 	<p>8</p> <p>Hot Lunch Hot Dog</p> 	<p>9</p> <p>Hot Lunch Spring Tea 1:00 - 2:30</p> <p>HALF Price Book Fair</p> 	<p>10</p> <p>Hot Lunch Potato Soup</p> 	<p>11</p> <p>Picky Plate Lunch</p> 	<p>12</p> 	
<p>14</p>	<p>15</p> <p>Cartoonist</p> 	<p>16</p> <p>Hot Lunch French Toast & Sausage</p> <p>Cartoonist</p> 	<p>17</p> <p>Hot Lunch Spaghetti</p> 	<p>18</p> <p>Family Friday No School</p> 	<p>19</p> <p>Family Friday No School</p> 	<p>20</p>
<p>21</p>	<p>22</p> <p>Victoria Day NO School</p> 	<p>23</p> <p>Hot Lunch Bacon Egger</p> 	<p>24</p> <p>Effective Parent Seminar 6:30 - 8:30</p> 	<p>25</p> <p>Hot Lunch Chicken Strips</p> 	<p>26</p>	<p>27</p>
<p>28</p> 	<p>29</p>	<p>30</p> <p>Hot Lunch Pizza Muffin</p> 	<p>31</p> <p>Art Exhibition & Sale</p> 			

WORKING TOGETHER TO BUILD A STRONG FOUNDATION FOR LIFE-LONG LEARNERS AND RESPONSIBLE CITIZENS