



GRIZZLY GROWL



Right: Feb 28th was Pink Shirt Day to raise awareness of bullying in Canada and to promote kindness and inclusion for all students.



Left and below: A great day on the ice at Waterhen on Mar 8th!



On The Horizon

More on page 2!

Apr 1-5—No School Spring Break

Apr 10
Deadline for Co-op Gift Card Purchases

Apr 11
Gr 1-2 Goodsoil Lodge SCC Meeting @ 7pm

Apr 12
Future Career Day

Apr 18
SCC Hot Lunch

Apr 25
SLC Dance



Where To Find Us

School Website:
www.nwsd.ca/school/greenacre

School Facebook:
www.facebook.com/greenacreelementary

Division Website:
www.nwsd.ca

SARCAN Drop & Go (benefits the SLC):
Green Acre Grizzlies

Get In Touch

School e-mail
ga.school@nwsd.ca

Front desk phone
(306) 236-5905



Upcoming Events

- Apr 1-5** No school— Spring Break
- Apr 10** Deadline to submit Co-op Gift Card purchases. Please have all money and order forms in by this date. We will communicate further with you when cards are available to be picked up.
- Apr 11** Grade 1-2 Trip to Goodsoil Lodge to read with the residents.
- Apr 11** SCC Meeting @ 7pm
- Apr 12** Future Career Day—Here’s your chance to show us what you want to do with your future! Dress up in the profession that interests you!
- Apr 18** SCC Hot Lunch— Spaghetti & Meat Sauce
- Apr 25** SLC Dance—More details to come in early April!



Thank you to all the volunteers that came out to help our students learn about ice fishing! It was a great day on the lake! Even our teachers had an opportunity to fish!



Above and Right:
How does your garden grow? The Gr 1-2 students make their gardens with real grass!!
Below: The Gr 3-4 class drawings for Easter



CO-OP GIFT CARD SALE

Please remember to **SELL, SELL, SELL!!!**

As our school’s major fundraiser for the year, we have the opportunity to raise twice as much as last year for use within our school!

Deadline for submitting sales to the school is **April 10th** and we hope to raise the maximum amount that we can!





Wellness Corner with Mrs. Klassen

As April gently ushers us into spring, it also brings about a great time to revisit some mental health awareness.

Mental health is a state of well-being in which we can realize our potential, cope with the normal stresses of life, work productively, and contribute to our community. It's important to understand that mental health is not just the absence of mental illness, but it's a positive state of mind that allows us to enjoy life and deal with its challenges.



Here are some simple ways to help maintain good mental health:

1. Stay Active:

Exercise is a great way to boost your mood and reduce stress. Try different activities like dancing, running, or playing sports.

2. Eat Well:

Eating a balanced diet can help you feel better both physically and mentally. Try to eat a variety of foods, including fruits, vegetables, whole grains, and lean proteins.

3. Get Enough Sleep:

Sleep is essential for good mental health. Make sure you get enough sleep each night to help you feel refreshed and energized.

4. Connect with Others:

Spending time with friends and family can help you feel supported and connected. You could join a club or group that shares your interests.



5. Practice Mindfulness:

Staying focused on the present moment can help keep stress under control. This could be as simple as a gratitude journal, prayer or meditation.



Remember, it's okay to ask for help if you're feeling overwhelmed or stressed. There are many resources available to help you, including counselors, therapists, and support groups.

Let's approach April with a focus on mental health awareness so that we can take care of our minds and our bodies. Together, we can create a healthier and happier community.

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 	2	3 Happy Springs Break	4 	5 	6
7	8 K Day	9	10 K Day	11 Gr 1-2 Reading at Goodsoil Lodge	12 K Day Future Career Day	13
14	15	16 K Day	17	18 K Day SCC Hot Lunch	19	20
21	22 K Day Earth Day	23	24 K Day	25 SLC Dance	26 K Day	27
28	29	30 K Day				