



GRIZZLY GROWL

On The Horizon

More on page 2!

May 2
SLC Spring Dance

May 3
Red Dress Day

May 6
SLC Star Wars Day

May 10
Wellness Afternoon

May 17
SLC Camo Day

May 20—NO SCHOOL
Victoria Day

May 27—NO SCHOOL
PD Day for Staff



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

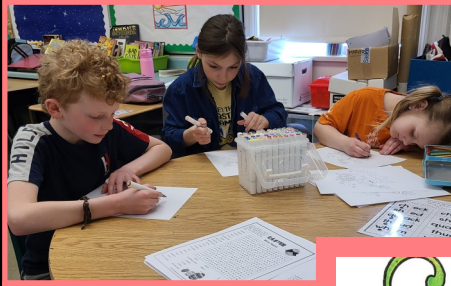
Get In Touch

School e-mail
ga.school@nwsd.ca

Front desk phone
(306) 236-5905



Left: Future Career Day on Apr 12. Right and Below: Mar 29 Easter Activity day.



SPRING



Bottom: Gr 1-2 outdoor Art class





Upcoming Events

- May 2 SLC Spring Dance—The Student Leadership Council has rescheduled the Spring Dance! Join us at the Rec Centre from 6:30pm to 8:00pm and show off your dance moves!
- May 3 Red Dress Day—Honoring murdered and missing Indigenous women and girls.
- May 6 SLC Star Wars Day
- May 10 Wellness Activity Afternoon
- May 17 SLC Camo Day
- May 20 NO SCHOOL—Victoria Day
- May 27 NO SCHOOL—PD Day for Staff



Gr 1-2's Spring Classmates!



After 21 days of incubation time and with great care and attention, Mrs. Hildebrand's Gr 1-2 class welcomed eleven baby chicks!

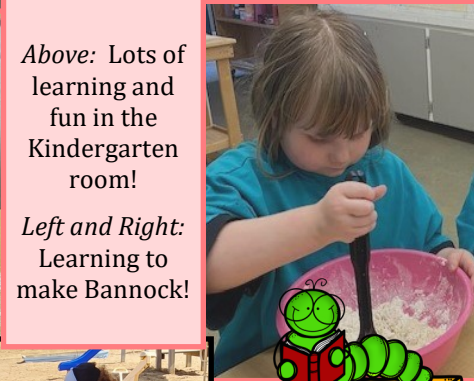


SPRING is a GREAT time for Outdoor Reading Buddies!!



Above: Lots of learning and fun in the Kindergarten room!

Left and Right: Learning to make Bannock!



Keep me in good shape... ...with a mental health 'five a day'

BE ACTIVE
Boost your energy and mood by doing something active

KEEP LEARNING
Learn something new to boost your confidence and have fun.

Give
Do something nice for someone

TAKE NOTICE
Be curious about the world and savour the moment

Build connections with the people around you **CONNECT**





Wellness Corner with Mrs. Klassen



Mental health is a widely discussed concept these days. You might notice discussions about mental health online, in conversation, on your favorite show, or any number of other places. But widespread, frequent use of any term can lead the meaning becoming blurred, if not misinterpreted entirely. So, if you come across the term often but still have some uncertainty around exactly what "mental health" refers to, you're definitely not alone.

Mental health is about the functionality of your brain and all that impacts it, in a nutshell, mental health includes your psychological and social well-being. It also encompasses your emotional health, or your ability to name, address, and regulate your emotions.

Many factors play a part in mental health, some of which you can't control, such as genetics, life experiences, and family history. But you *do* have influence over a wide portion of your mental health. The ability you have to influence your mental health is key, because your mental health matters, quite a lot.

Mental health helps determine how you handle stress, relate to others, and make choices.

Caring for your mental health can lead to:

- ◇ improved mood
- ◇ reduced [anxiety](#)
- ◇ clearer thinking
- ◇ deeper relationships
- ◇ improved [self-esteem](#) and confidence

Your mental health can impact everything about your life, including the ways you view and move through the world and your ability to handle the things life throws at you. That's why building habits for better mental health can make a big difference in your day-to-day life.

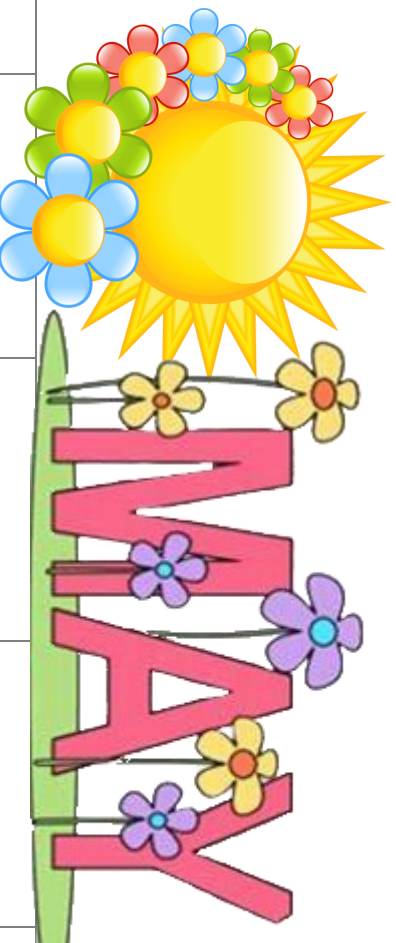
As you explore new behaviors and begin incorporating them into your routine, aim to frame these changes as **self-kindness**, not [self-punishment](#). Maintaining a gentle, kind attitude toward yourself can do a lot more to improve your mental health and overall outlook than criticism and [negative self-talk](#).

Helpful strategies can help improve mental well-being, but they can't "cure" mental health conditions. You can consider professional support at any time. You don't need to have depression, anxiety, or any specific mental health symptoms [to benefit from therapy](#).




That said, reaching out becomes particularly important if:

- ◇ you've experienced a stressful or [traumatic event](#)
- ◇ you feel more upset, anxious, or [sad](#) than usual
- ◇ you frequently feel agitated, [irritable](#), or angry
- ◇ your [motivation](#) has tanked
- ◇ you've noticed changes in your appetite and sleep patterns
- ◇ you often find it difficult to get through the day
- ◇ you feel [stuck](#) or overwhelmed
- ◇ you're using [alcohol](#) or other substances more than usual or turning to other unhelpful coping behaviors

Your mental health plays a pivotal role in your quality of life. Know that you deserve to function and enjoy life the best you can and that sometimes it takes a little effort and maybe even a little help to get there.



Compassion ... isn't just about being kind to others, it's about extending that same kindness to ourselves.
 Visit www.mentalhealthweek.ca to learn more.
 May is Mental Health Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 K Day SLC Spring Dance 6:30—8:00 pm	3 Red Dress Day	4
5	6 K Day SLC Star Wars Day	7	8 K Day	9	10 K Day Health/Wellness Afternoon	11
12 	13	14 K Day	15	16 K Day	17 SLC Camo Day	18
19	20 Victoria Day NO SCHOOL	21 K Day	22	23 K Day	24	25
26	27 PD Day NO SCHOOL	28 K Day	29	30 K Day	31 