

Marysville MonthlyMemo

March 2020



UPCOMING EVENTS

March 2, 9 & 23 - Swim to Survive for Grade 3 Students

The *Swim to Survive*® Program is a Lifesaving Society survival training program. The Lifesaving Society defines the minimum skills needed by all Canadians to survive an unexpected fall into deep water. These are expressed in a skill sequence in the Canadian Swim to Survive Standard:

- **ROLL** into deep water
- **TREAD** water (1 min)
- **SWIM** 50m

Students will be attending the program at Queen's pool.

March 5 - School Council Meeting @ 3:00pm

Everyone is welcome to attend. The agenda for the meeting will be posted to the school website under School Council. Childcare will be provided during the meeting. **Please text or call Alice Stagner by March 3 to request childcare**, and indicate number and ages of children requiring care. Contact info: 613-329-8205.

March 6 & 13 - Skating

We are hopeful we will be able to skate the next two Fridays prior to the March Break.

March 13 - Pajama/Mindfulness day

Show off your Marysville spirit by wearing your pajamas to school today! Students are encouraged to practice mindfulness during their regular activities today and everyday.

March 16-20 - March Break



Marysville will be doing our part by participating in Earth Hour on **Friday, March 27** to help raise awareness of climate change and the importance of energy conservation.

WWF and partners started Earth Hour as a symbolic lights-out event in 2007, and now Earth Hour is one

of the world's largest grassroots movements for the environment, engaging millions of people in more than 180 countries and territories.

April 3 - PA Day



Celebrating the 100th day of school



Pancake breakfast



Friday Hot Lunches

March 6 - lasagna

March 13 - green eggs & ham

March 27 - vegetable stir fry





Reading Buddy time!

Supporting Healthy Schools

Parenting in KFL&A



Listen, respond and connect with your child.

Tip: Spend time with your child doing something you both enjoy.



It's okay to take care of yourself. It's part of parenting.

Tip: Take a walk. Connect with a friend. You matter too.



Let your child play. Help them grow. Keep them safe.

Tip: Play builds healthy brains! Give your child freedom to play.



Help your child recognize and work through their emotions.

Tip: Encourage your child to use their words to tell you how they feel.

For more parenting tips, visit: kflaph.ca/parenting

In partnership with local community agencies.