

June 2020

GRASSLAND COMMUNITY SCHOOL NEWS



SMALL SCHOOL
BIG HEART
BIGGER COMMUNITY SPIRIT



Some photos from our Facebook Challenges! See them all on our Facebook page!

June News:

Students! Check out our Facebook Challenges calendar and participate to be entered in the Cougar Paws monthly draws! Watch throughout the summer as well for special challenges!

Remember to practice social distancing! Keep at least 2 meters distance from people outside of your household or cohort family. Stay safe!

Great Beginnings and Kindergarten students can sign up online on our website! Grassland.aspenview.org > Programs/Services > Early Childhood Services > ECS Pre-Registration Form.

Text4Hope
The Mental Health Foundation, in partnership with Calgary Health Trust, the University Hospital Foundation, the Royal Alexandra Hospital Foundation, Alberta Cancer Foundation and the Alberta Children's Hospital Foundation, is supporting a new Alberta Health Services program Text4Hope – a free service providing three months of daily Cognitive Behavioural Therapy (CBT)–based text messages written by mental health therapists.

An Alberta-based innovation, Text4Hope is an evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke.

Through a set of daily messages, people receive advice and encouragement helpful in developing healthy personal coping skills and resiliency. Community members simply subscribe to receive ongoing supportive content. There is no cost.

How to Connect: Text COVID19HOPE to 393939 to subscribe.

FEATURE STAFF

Education Assistants!



BARB CHOLACH

Ms. Barb has been with Grassland School for 14 years! Ms. Barb is the EA for grades 2 & 3, and Literacy and is our Great Beginnings teacher!



SHANNA JOHNSON

Ms. Shanna has been with Grassland School for 2 years! She is the EA for grades 2, 3 and Junior High, and Speech Therapy.



AMY YOUNG

Ms. Amy has been with Grassland School for 5 years. She is the EA for grades 4-6.



ERIN PEREDERY

Ms. Erin started at Grassland School this year. She is the EA in our Kindergarten and grade 1 class!



JUNE EVENTS AND FACEBOOK CHALLENGES

<https://grass.aspenview.org>

FB @GrasslandSchool

Post your pictures on Grassland's Facebook page under each days challenge! Or email it to grassland@aspenview.org

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---|--|--|------------------------|
| | 1 Draw something that inspires you! | 2 Share the recipe of your favourite snack/meal! | 3 Share a pic with you pet or family! | 4 Post a favourite quote! | 5 Share a funny picture of yourself! | 6 Jesse's Birthday! |
| 7 | 8 What is your favorite memory at Grassland School? | 9 Share a photo of something that makes you happy! | 10 Go for a walk! Share a photo of something you see on your walk! | 11 Tell us something good that has happened to you! | 12 Chloe Johnson's Birthday! (gr. 8) Build a Lego house! | 13 |
| 14 | 15 Tell us what you would love to learn about! | 16 Tell us a joke! | 17 Give someone a compliment! | 18 Share a funny meme! | 19 What is something you are grateful for? | 20 |
| 21 | 22 Barrett's Birthday! Share your favorite song of summer! | 23 Scavenger hunt— Find a unique rock! | 24 What is your favourite movie? | 25 What is your favourite game to play? | 26 Tyah's Birthday! Last day of school Scavenger hunt— find a flower! | 27 |
| 28 | 29 | 30 | | | | |

Upcoming Special Events:

July 2—Nikolai's Birthday

July 12—Olivia's Birthday

July 3—Raslin's Birthday

July 14—Cody F.'s Birthday

July 19—Justin's Birthday

August 2—Carson's Birthday

August 18—Ms. MacDougall's Birthday

August 23—Nash's Birthday

August 23—Lexus's Birthday

August 25—Justine K.'s Birthday

August 26—Nikita's Birthday

August 27—Cody W.'s Birthday