



DR. PLAXTON
ELEMENTARY SCHOOL

THE BUZZ

MAY 2024 NEWSLETTER



PRINCIPAL'S MESSAGE

BY ANDY TYSLAU

Welcome to the May edition of The Buzz! We continue to look forward to bright and warmer days where our students can spend time outside and classes can take their learning outdoors - who doesn't love to read a good book under the warmth of the sun while stretched out on the spring grass? In May we also see more opportunities for our students to travel on field trips across various areas of Lethbridge and Southern Alberta. Please look out for information and newsletters from the school and from your student's teacher about when these great events are happening. Volunteers are needed 😊 Some highlights for May include Galt Museum, Japanese Gardens, Helen Schuler Nature Centre, and more. Also - please check out the section about our New West Theatre Residency happening at the end of May - we are so excited!! Thank you for supporting the school and for trusting us with your children each day.

DATES TO REMEMBER

Wednesday, May 8

Hats On! for Mental Health

Monday, May 13

Taco Del Mar Hot Lunch

Wednesday, May 15

School Council - 7PM

Monday, May 20 & Tuesday, May 21

Victoria Day & Professional Learning Day
No School

Friday, May 24

GPMS Band Performance - 9:20 AM - Gym

Friday, May 31

Performances from Residency - 9AM

NEW WEST RESIDENCY

We are excited to share with you that artists from New West Theatre will be joining us on May 27 – 31 for a weeklong Custom Residency. Every class will be involved and time with the artists will occur during regular Fine Arts classes. On Friday morning, May 31st, we invite you to gather with us in the gymnasium from 9:00–10:15am for process-based performances from the residency work. These are not polished finished products but rather a showcase to share what we worked on during the week.

RUNNING CLUB

May is here and our last group run is on May 28. We encourage parents to join us for the last run and celebrate your child's running season. Students who are interested in local runs should check out the **Donut Dash** and the **Little Souls Marathon!**

HATS ON FOR MENTAL HEALTH



You are welcome to wear your favorite hat to school on Wednesday, May 8 to raise awareness of the importance of good mental health.

NO SCHOOL - MAY 20 & 21

There is no school on Monday, May 20 and Tuesday, May 21 due to Victoria Day and Professional Learning.



We learned about Earth Day in the Learning Commons.



SCHOOL COUNCIL MEETING

Wednesday, May 15 - 7:00 PM - Art Room

All parents or guardians welcome!

HOT LUNCH DAYS

Monday, May 13 - Taco Del Mar

Deadline to order May 2

Tuesday, May 28 - Tim Horton's

Deadline to order May 16

Monday, Jun 10 - Booster Juice & Hot Dog

Deadline to order May 30

Tuesday, Jun 18 - A&W

Deadline to order Jun 7

Hot Lunches are available to order through [SchoolCash Online](#).

LINKS (click on the links below for more information)

[INDIGENOUS ED. NEWSLETTER](#)

[DIGITAL DETOURS](#)

[DIGITAL WELLNESS BYTE](#)

[VIRTUALLY INSTALLED 2024](#)

[MULTICULTURAL & DIVERSITY NEWSLETTER](#)

MAY 6 - 12, 2024 MENTAL HEALTH WEEK

The theme of this year's Mental Health Week is "Healing through Compassion."

COMPASSION CONNECTS US

EMPATHY + ACTION = COMPASSION.

Compassion is often confused with empathy. Empathy is the sensing, feeling and understanding of another's suffering. Compassion goes beyond empathy, into taking action, a desire to help lessen their suffering



3 KEY ELEMENTS OF SELF-COMPASSION

1 SELF-KINDNESS VS. SELF-JUDGMENT

Offering ourselves warmth and acceptance during difficult times or when making mistakes, rather than judging ourselves harshly.



2 COMMON HUMANITY VS. ISOLATION

Recognizing that no one is perfect and that we aren't alone in our struggles are key elements of our shared human experience.



3 MINDFULNESS VS. OVER-IDENTIFICATION

Bringing awareness to painful thoughts and feelings and taking a step back to see them as they are, rather than getting overwhelmed by them.



MENTAL HEALTH SUPPORTS



Kids Help Phone
1-800-668-6868
Text CONNECT to 686868

Lethbridge Family Services
(403) 327-5724

Mental Health Help Line
1-877-303-2642

Addiction HelpLine
1-866-332-2322

Family Violence
(403) 310-1818

Distress Line of Southern Alberta
(403) 327-7905



#CompassionConnects #MentalHealthWeek



Volunteers Needed

Are you looking for a rewarding volunteer opportunity? Our school lunch program is a crucial program we offer to our community and we would love to have you onboard to help us feed youth and children throughout Lethbridge!



If you or anyone you know are interested in one of volunteer roles, please contact our volunteer coordinator @ 403-635-9969 or volunteer@lethbridgefoodbank.ca Thank you!