



The Elkhorn Express

YOUR SCHOOLS' INFORMATION NEWSLETTER

WEEK OF FEBRUARY 27, 2017

School dates for *February/March*

- 27** **Monday – Day 3**
Gr. 5 Girls' Volleyball @ 3:30 pm
- 28** **Tuesday – Day 4**
Gr. 5 Boys' Basketball @ 8:00 am
- 01** **Wednesday – Day 5**
Gr. 5 Boys' Basketball Finals
Gr. 5 Girls' Volleyball @ 3:30 pm
- 02** **Thursday – Day 1**
Gr. 5 Girls' Volleyball tournament
- 03** **Friday – Day 2**

From the principal

"Accept and Respect. We are all different."
(Anonymous)

A huge THANK YOU to one and all who supported our school Dance A-Thon. We still have been receiving donations so a final total is not available to announce.

Ticket sales for the Blue Jays have started and will continue until Friday, April 7th.

We look forward to Elkhorn's school wide participation with Arts Express on Monday, February 27th. More details about this event can be read further along in the newsletter.

Have a great weekend.

Holly Richards

March Break Vacation

Please inform the office if you are planning to be away before or after the March Break for an extended vacation.



From Your School Council

Calming Understanding Awareness Mindfulness Strategies Movement



TACKLING ANXIETY AND STRESS THROUGH ARTS AND MINDFULNESS (T.A.S.A.M) FOR PARENT SESSION – MONDAY FEBRUARY 27 AT 6:30 PM

Please join us for a very special presentation by Child and Youth Counsellor and mental health advocate Jennifer Kay to discuss childhood anxiety, parental intervention and how to help your child create the tools needed for a lifetime of wellness. The topics that will be addressed by this program include: Identifying the seriousness of your child's anxiety and stress levels; tools to use to help alleviate minor everyday anxieties and stress; kid-friendly approach to developing useful strategies; leading by example; the importance of exercise; communicating with your anxious child without frustration; developing a safe structure within the home environment; and knowing when to seek professional help.

The presentation will commence on Monday February 27 at 6:30 pm at Elkhorn P.S. Child care will be available during the evening parent session. Disney movie, Inside Out, about a young girl whose emotions help her adjust to new surroundings will be featured for the children to watch.

The TASAM Program is brought to Elkhorn P.S. through the Elkhorn SAC and Ontario's Parent Reaching Out (PRO) Grants.

ELKHORN SAC WEB SITE UPDATE – FUN FAMILY THINGS TO DO IN FEBRUARY AND MORE!

www.elkhornschoolcouncil.ca

Visit the Elkhorn SAC website for new updates including Fun Family Things to Do in February and new parent resources!



ARE WE ON YOUR SAFE SENDERS LIST?

To receive email correspondence from the Elkhorn SAC, please subscribe when you visit <https://www.elkhornschoolcouncil.ca/main/contact-us/>. Please remember to add us to your safe senders list to avoid receiving us in your spam folder or junk mail.