

MAY 2023 NEWSLETTER

Mental Health Awareness

May is Mental Health Awareness Month. It's important to understand how to maintain good mental health by understanding mental health illnesses and problems, decreasing stereotypes, and understanding how to seek help effectively. Looking after your mental health is as important as looking after your physical health! Never be afraid or embarrassed to ask for help.

TIPS

- Stay Active - Eat Well - Get Enough Sleep -
- Make Social Connections with Others -
- Make Time to Do Things you Love -
- Look After Yourself - Ask for Help -



Fundraiser Results

With your help, the Iron Springs Parent Association raised **\$6 568.06** from the Community Dinner. Half of the funds raised are being donated to the Canadian Foodgrains Bank: \$1350 is being used to sponsor three acres in the local growing project, and \$1934 is being donated directly to support the Foodgrains Bank's efforts to end global hunger.



A huge "Thank You" to **EVERYONE** who helped make the Community Fundraiser Dinner a success!



Report Attendance

If your child is not going to be at school, please call the office or report it on the Edsby app. Call Mrs. Smigel if you would like her to help you set up Edsby.



OUR NEXT CONNECTION FRIDAY WILL BE ON MAY 26. MORE INFORMATION TO COME AS PLANS ARE FINALIZED.

Hats On! FOR MENTAL HEALTH

Wear a special hat to school on May 5 to raise awareness of the importance of good mental health

Mother's Day Tea

We know Moms do a lot and to show our appreciation, we are hosting a Mother's Day Tea on **Wednesday, May 10** in the afternoon. All Moms of our students are invited to attend. More information to come.



The next School Council Meeting is on **THURSDAY, MAY 11** at **6 pm**. All parents are welcome to attend.

May 3

Zoo Field Trip for Grades 1 - 3



Painting Workshop & Field Trip

Our School Council is hosting a Community Painting Workshop at CASA in Lethbridge on **Thursday, May 25** from 10am - noon. All interested parents are invited to attend, as well as the grade 4/5 class. Please call the school if you want to participate. You can ride the bus from the school or meet us in Lethbridge at CASA.