

# MAY 2024

Huntsville School



## Dates:

May 3: Mother's Day Tea  
@ 1pm

May 9: & 10: NO SCHOOL

May 14: Gr 6-9 Leadership  
Fieldtrip

May 16: K-3 Field Trip @ U of L

May 20 & 21: NO SCHOOL

May 23: Gr 4/5 CASA Field Trip &  
K/1/2 @ Piyami Lodge

May 24: Huntsville Hootenanny

May 30: Gr 4-7 Field Trip @ U of L



## MOTHER'S DAY TEA

All Mothers who have students in grades K-7 are invited to a Mother's Day Tea.

This will take place in the gym May 3rd @ 1 pm.

## HUNTSVILLE HOOTENANNY

May 24

### WELLNESS THEME: MENTAL WELLNESS

Taking care of your mental health is just as important as taking care of your physical health. Finding ways to improve your mental health helps manage stress, lowers your risk of illness and increases your energy.

Some ways to take care of your mental health are:

- regular exercise
- eating healthy meals
- drinking water
- getting enough sleep
- setting goals
- practicing gratitude
- connecting with family and friends

