



# Angus Morrison ES

## Week At A Glance

**March 18, 2024**

### **WEEKLY NEWS AND REMINDERS**

**Ramadan** During Ramadan, our library office will be a designated safe prayer space for students. If your children require a prayer mat, we ask that they please bring their own with them. The library will also be open at all nutrition breaks for students who are fasting to utilize instead of their classrooms. Our coaches of our sports teams have also been asked to confirm whether or not student athletes are fasting to help support them and to ensure their well-being while participating on teams. We wish all of our students, families and school communities in SCDSB and around the world a happy and prosperous Ramadan.

**AMES Mental Health & Wellness Information Evening Register Now!!!** Join us, March 26th for an evening of Health and Wellness. This event hosted by AMES School Council will showcase many speakers on the subject of mental health for you and your family. All participants have the opportunity to win one of our fabulous door prizes. Come for a great evening of speakers, presentations and refreshments provided by Angus McDonalds. The evening will begin promptly at 6pm with doors opening at 5:45pm. Please RSVP by filling out this form: [Health & Wellness RSVP](#) - The first 50 participants to register will receive a free grab bag (*One per family. Must be present to receive*). Please see the flyer below.

# Weekly Schedule

<b>Monday 18</b> <b>Day</b>	<b>Lunches Made Easy</b> JR Boys B-Ball Practice 2nd Break
<b>Tuesday 19</b> <b>Day</b>	<b>A&amp;W Lunches</b> CoEd V-Ball Practice 8:00am Yoga Club in gym 2nd Recess Area Chess Away Tournament
<b>Wednesday 20</b> <b>Day</b>	<b>Mr. Sub</b> JR Boys B-Ball Practice 1st Break Gr 8 Open Gym - 2nd Recess
<b>Thursday 21</b> <b>Day</b>	CoEd V-Ball Practice 8:00am JR Girls B-Ball Practice 2nd Break
<b>Friday 22</b> <b>Day</b>	<b>Pizza Day</b> Gr 8 Open Gym - 2nd Recess Jr Boys B-Ball Kickoff Away Tournament

## UPCOMING EVENTS

March 26 - Mental Health & Wellness Information Evening  
 March 29 - April 1 - Easter Long Weekend  
 April 8 - PA Day  
 April 9 - Grad Picture Retakes  
 May 30 - AMES Fun Fair

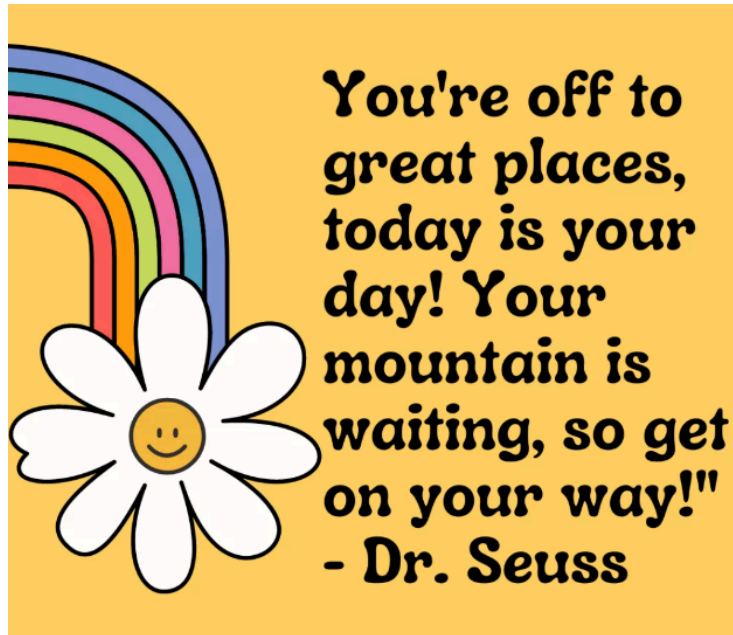
## Days of Celebration

March 10 - April 9th - Ramadan (Islam)  
 March 11 - National COVID-19 Day of Observance  
 March 12 - Epilepsy Awareness Day  
 March 14 - Memorial of Shan-tao/Zendo Daishi (Buddhism)  
 March 14 - National Pi Day  
 March 14 - Sikh New Year (Sikhism)  
 March 15 - International Day to Combat Islamophobia  
 March 17 - Irish Heritage Day  
 March 18 - Clean Monday (Christianity)

## **Days of Celebration Continued**

March 19 - Ostara/Mabon/Lady Day/Spring Equinox (Wicca)  
March 20 - Festival of Higan-e (Buddhism)  
March 20 - French Language Day  
March 20 - International Day of Happiness  
March 20 - Naw Ruz/New Year (Bahá'í)  
March 20 - New Year (Hindu)  
March 21 - Eid-e-Navroz (Islam)  
March 21 - International Day for the Elimination of Racial Discrimination  
March 21 - International Day of Forests  
March 21 - Navroze/New Year (Zoroastrianism – Fasli Calendar)  
March 21 - World Down Syndrome Day  
March 21 - World Poetry Day  
March 22 - World Water Day  
March 23 - National School Crossing Guard Appreciation Day  
March 23 - Earth Hour  
March 23-24 - Purim (Judaism)

## **Quote Of The Week:**



**You're off to  
great places,  
today is your  
day! Your  
mountain is  
waiting, so get  
on your way!"  
- Dr. Seuss**

# AMES Mental Health & Wellness Information & Resource Evening

**March 26<sup>th</sup> from 6:00-8:30pm** (Doors open at 5:45)  
**at Angus Morrison Elementary School**

This will be an in-person event hosted by AMES School Council and showcase many speakers/presenters on the subject of mental health and wellness for you and your family. Enjoy some refreshments from Angus McDonalds throughout the evening as well!

**Don't miss this evening of information, resources, speakers, connections, grab bags and door prizes.**

**Door  
Prizes!**

**Grab  
Bags!**

## What to Expect:

The evening will begin promptly at 6pm, doors open at 5:45pm.

We will begin with an introductory session and keynote speaker Bonnie Eddy, SCDSB CYW in an amazing presentation about self-regulation in the gym followed by three different breakout sessions of your choosing (participants choose the night of).

**Speakers include: Bonnie Eddy, SCDSB CYW; Seasons Centre for Grieving Children; Borden Family Resource Centre; Kerry's Place Autism Services; Kinark Youth and Family Services; Leah Juras, Registered Psychotherapist; Mike Bartlett, Private Social Worker/Therapist, and Christina Garriock, Personal Trainer/Life Coach.**

Refreshments will be provided by Angus McDonalds. We welcome back the Essa Library with their booth as well as a special resource table for further information on more specific topics and organizations.

We will then close out the night with some great door prizes\*\*!

Please complete the attached registration form if you would like to attend.

**The first 50 participants to register will receive a FREE grab bag\*!**

This is a free event specifically for parents/guardians to gather information and resources!

\*One per family. Must be present at evening to receive.

\*\*Winner must be present to receive prize.

**Register  
now!**

**Free  
Event!**