



Angus Morrison ES

Week At A Glance

March 25, 2024

WEEKLY NEWS AND REMINDERS

Last Chance To Register!!! AMES Mental Health & Wellness Information 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.

Volunteers Still Needed Does your student have an upcoming field trip? Would you like to help out at school? Help with Lunch Days, assist in our Snack Program, read with students or be a special buddy? Please register now at [Parent Portal - Simcoe County District School Board](#). You will also need to contact Ms. Day in the office (705-424-5701) to obtain paperwork to have your CRC/VSC (record check) completed. Once completed, please return your CRC/VSS to the school to complete the process. If you have questions, please call Ms. Day.

Mabel's Labels We're fundraising with Mabel's Labels! Go to campaigns.mabelslabels.com and search for ANGUS MORRISON. Shop and personalize your labels and they will be shipped directly to you. Angus Morrison will receive 20% in funds from your order! Proceeds from this fundraiser will be used to subsidize and support Field Trips at Angus Morrison. Thank you for your support.

Weekly Schedule

Monday 25 Day 4	Lunches Made Easy Jr. Boys B-Ball Practice 2nd Break Jr. Boys B-Ball Mini Away Tournament 4:00pm
Tuesday 26 Day 5	A&W Lunch Mental Health & Wellness Information Evening 6-8:30pm Co-Ed V-Ball Practice 8:00am Yoga Club 2nd recess Jr. Boys B-Ball Mini Away Tournament at 4:00pm
Wednesday 27 Day 1	Mr. Sub Jr. Boys and Girls B-Ball Practice 3:45-5pm Jr. Girls Basketball Practice 2nd Break
Thursday 28 Day 2	Co-ed V-Ball Practice 8:00am Jr. Boys B-Ball Practice 2nd Break Jr. Boys B-Ball Mini Home Tournament 4:00pm
Friday 29 Day	Holiday - No School

UPCOMING EVENTS

March 26 - Mental Health & Wellness Information Evening
 March 29 - April 1 - Easter Long Weekend - No School
 April 8 - PA Day
 April 9 - Grad Picture Retakes
 May 30 - AMES Fun Fair

Days of Celebration

March 25 - Holi (Hinduism)
 March 25 - International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade
 March 25-27 - Hola Mohalla (Sikhism)
 March 26 - Khordad Sal (Zoroastrianism – Fasli Calendar)
 March 26 - Purple Day – Supporting Epilepsy
 March 29 - Good Friday (Christianity)

Quote Of The Week:



AMES Mental Health & Wellness Information & Resource Evening

March 26th 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!**