

# SCHOOL COUNCIL NEWS - MARCH 2016

*Please join us for a Special Presentation about...*

## **Stress & Anxiety in Youth**

Tuesday, March 22<sup>nd</sup> from 7 – 8 pm at Ponoka Elementary School

Naomi McKinney, Registered Psychologist from McKinney Psychological Services, will be offering a casual presentation for parents and community members focusing on stress and anxiety in youth. Some of the topics to be covered include:

- ❖ Typical and atypical ways kids might show their stress
- ❖ Clinical signs and symptoms that might suggest that help is needed
- ❖ Helpful strategies to help kids to manage their stress and cope more effectively
- ❖ Favorite books, websites and Apps that are both parent and kid friendly

Don't forget!

CUTIE PIEs ORDERS ARE DUE  
BACK TO THE SCHOOL ON Monday, March 7<sup>th</sup>

Mark your calendar!

Pies will be available to pick up at the school on  
Tuesday, March 22<sup>nd</sup> from 3 – 5:30 pm



**\* HOT LUNCH \* HOT LUNCH \* HOT LUNCH \* HOT LUNCH \***

*Forms are posted on the school website, or available from the staff pods, or from the foyer in the front office.*

**Upcoming lunches still available to sign up for:**

✚ THE RASPBERRY PATCH 'Taco in a Bag' lunch day is on WEDNESDAY, MARCH 23<sup>RD</sup> - orders are due by Friday, March 11<sup>th</sup>

✚ SUBWAY lunch day is on TUESDAY, APRIL 19<sup>th</sup> - orders are due by Tuesday, April 5<sup>th</sup>

**Many volunteers are needed for each lunch day for a short amount of time.**

**Please consider volunteering for one of the dates.**

**Please leave your name at the office if you are available to help with an upcoming lunch!**

*Open to anyone who would like to attend...*

Early Childhood Mapping Information Session

Presented by the Ponoka Early Childhood Coalition

Thursday, MARCH 10<sup>th</sup> from 7:00 - 7:30 pm at Ponoka Child Care Centre

This presentation will review the most recent results of early childhood mapping for Kindergarten students in the Ponoka area. This information is valuable to parents of children ages 1 - 5 years old in order to help prepare their children with the knowledge and skills they need as they enter school.