

# THE COUGAR



Mountview Elementary School  
1222 Dog Creek Road.

Williams Lake, B.C. V2G 3G9  
250-392-7344

Mr. C. Munroe  
Principal

May 22, 2019

## Jump Rope for Heart



Mountview students will once again be supporting the Heart and Stroke Foundation by fundraising for and then participating in the Jump Rope for Heart activities, tentatively scheduled for the afternoon of Friday, May 24<sup>th</sup>. Please send in any money collected with the Fundraiser forms as soon as possible, hopefully we can reach the school goal of raising \$1000.

## Sports Day



Mountview will be hosting our annual Sports Day for all students. Intermediate students (3-6) will participate in Long Jump, Triple/Broad Jump, Shot Put, 100m, and 400m. Primary (K-2) students will participate in a 70m run. A Sports Day F2SSB/Hamburger/Hotdog lunch is available. Order forms are due back on Tuesday, May 28<sup>th</sup>

for those students wanting a lunch but do not participate in the F2SSB program. Students participating in F2SSB will be provided a lunch as part of the regular F2SSB program. Parent volunteers are welcome and needed please sign-up on the lunch order form or let the school know if you are available to help out.

## Grade 6's to Visit LCSS

Grade 6 students will be going to LCSS for an orientation visit June 12<sup>th</sup>. Parents and students are invited to Columneetza for a parent night hotdog BBQ, May 30<sup>th</sup> at 4:30pm, afterwards a Grade 7 overview discussion in the gym at 5:30pm.



## Scout Island Free Family Event



Have you ever wondered who is at the bottom of the food chain? Who are the creatures that you swim with in a lake? Or, where many of our insects come from? Join us at Scout Island on Sunday, May 26, from 1-3 pm to get to know some of the aquatic creatures that call our lakes home. Dip netting, identifying, and gently handing of creatures! This is a free family event for children ages 3-12. Must be accompanied by an adult.

## Important Dates

- Friday, May 24<sup>th</sup> **Jump Rope for Heart**
- **Thursday, May 30<sup>th</sup>**  
Mountview Sports Day
- **Friday, May 31<sup>st</sup>** Pizza Day and PJ Day!
- Thursday, June 6<sup>th</sup> **SD Track & Field 1000m**
- Friday, June 7<sup>th</sup> **SD Track & Field Columneetza**
- Wednesday, June 12<sup>th</sup> **Grade 6's to Columneetza**
- Friday, June 21<sup>st</sup> **Pizza Day**
- Tuesday, June 25<sup>th</sup> **Grade 6 Sleepover**
- Wednesday, June 26<sup>th</sup> **FUN DAY!**
- Thursday, June 27<sup>th</sup> **Year End Assembly, Last Day of School, Report Cards**



## Rainbow Picture Day

In an effort to celebrate the warm spring/summer weather the leadership students would like to take a photo of the school as a whole in the shape of a rainbow in June. Leadership is asking students to please wear the following colors if you have them:

Kindies-Red, Grade-1 Orange, Grade-2 Yellow, Grade-3 Green, Grade-4 Blue, Grade-5 Blue, Grade-6 Purple. A more specific date will follow, but expect early to mid-June.

## Parent Corner – Your Kids and Sleep

40% of students at Mountview have indicated on a student survey that they are starting the day tired. Why is sleep needed? It leads to: heart healthy, stabilizes mood, amps up energy, improves food choices, boosts self-esteem, soothes stress, sharpens memory, cuts back on sick days, and improves immune systems.

**70% of Canadian kids do not get enough sleep!** Recommended sleep: children 3-5 yrs. 10-13hrs/night. Children 6-12 yrs. 9-12 hours/night.



Sleep routines: Limit screen time, consistent wakeup and bed times, limit co-sleeping, use weighted blankets, reduce stress sleep in a clean room, and have a slightly cooler room temperature. Possibly aromatherapy, do not use a snooze button, try curtains or blackout shades and have a comfortable bed.



**Milk Program** - Milk is available to purchase for \$.75 for a 200ml bottle. Punch cards are available for \$15 if you would like to set your child up so they do not need to bring money to school. Please pay at the office.

Our **Strong Start** program for children 0 – 5 years of age is up and running, every day from 8:30am to 11:30am with Amandah Cullum our Coordinator. Drop in any time to see what this fun and dynamic program is all about!



**“Waste Wise Wednesday”** Our bottle and can recycling program is running, please send your aluminum cans, water bottles, and juice boxes, to school with your child(ren) each Wednesday. Students are entered into a weekly draw for prizes.

## PAC

**\*\*\*NEW PARENTS NEEDED FOR 2019-20 SCHOOL YEAR\*\***

The Mountview Parents Advisory Council is needing new members! If you have thoughts, ideas, plans or goals for making the school the best it can be for our kids come on out. We have a Mountview PAC FaceBook page and we welcome everyone to follow us and check out events on line.

**Next Meeting: Tuesday, June 4<sup>th</sup> at 6:30pm in the Staffroom**

