



Crestomere Cougar News

May 2019

Crestomere School

Principal: Mrs. P. Mueller

Grade 9 Farewell

All parents and community members are invited to the **Grade Nine Farewell Program** to be held in the Crestomere School gymnasium on **Thursday, May 30 starting at 7:00 p.m.**

Congratulations and best wishes to all of the grade nine students:

**CHARLOTTE CUTTS
JACKSON DOORNEWAARD
JAIMIE HVAMB
REID KRAUSS
KEAGAN LANDRY**

**ASPEN MCTAGGART
WILLOW OKEYNAN
LOUISA PEIGAN-RABBIT
TREYANNA WILDCAT
JORDAN YOUNG**

Following the program, cake and light refreshments will be served. Thanks to everyone who supported the farewell this year. It was much appreciated.

Kindergarten 2019-2020



We are now taking kindergarten registrations for attendance this fall. If you have a child who will be eligible to attend,

Please go to our Website:

crestomere.wolfcreek.ab.ca/registrations

Students must be five years of age before December 31, 2019. If you know of any parents in our area who do not have children presently attending Crestomere please share the registration information or have them contact the school. Thank you!



- June** 3: Playschool Registration
- 5: Gr. 1/2 & 2/3 Field Trip
- 6: FOC Outdoor Carnival
- 7: PD Day—No Students
- 11: Gr 3/4 & 5/6 Field Trip
PAT Exam LA Part B
- 13: Hot Dog Hot Lunch
PAT Exam Math Part A
- 18: Alberta Opera Performance
- 20: Year End Potluck/ Recognition
- 20: Aboriginal Day/ Activities
- 26: Last day of classes

Bee Buddies News

Any students wishing to work with Mrs. Mueller and the bees are asked to have rubber boots here at the school.



Swimming Dates and Times

Dates: May 9, 13,14, 15, 16

Times: 9-10 am
10-11 am



Crestomere Playschool is now accepting registrations for 2019-2020! We operate two days a week from 9:00 - 11:30 a.m. Children must be toilet trained and 3 to 5 years old as of Sept. 1. **Open House and Registration night will take place on Monday, June 3, 2019 from 6:00 p.m. in the Crestomere School kindergarten classroom.**

Please contact Brandi for further information at 403-704-9073 or brandymorneau@live.ca.





Provincial Achievement Test Dates 2019

- May 8 Grade 6 & 9 LA Part A
- June 11 Grade 6 & 9 LA Part B
- 13 Grade 6 & 9 Math Part A
- 19 Grade 6 & 9 Math Part B

UPCOMING MEETINGS

Friends Of Crestomere

May 14 @ 7:30pm
Crestomere School

Family Fun Night

Wednesday May 15, 6:30-8:30. We will be playing badminton, dodge ball, wilsonball, card games, board games and more!

Please email Mr. Heppell if you have any questions. See you then!



We would like to send a out a **HUGE** thank you to parents and students for their continued support in our going Green efforts. This year so far we have saved approximately \$400 in disposable plates, bowls and cutlery not to mention the amount of garbage we have

limited which helps our environment. **PLEASE** continue to support our efforts by making sure your students have a plate, bowl and FULL set of cutlery (fork, spoon and knife) at the school at all times.



Library News

As we begin to look ahead to the final weeks of the school year, it is once again time to round up all of our library books. All students will need to be down to only one library book by June 14th, and all books must be returned by June 20th. If there are any missing books assigned out to your child, they will have to be paid for by June 24th and will show up as an outstanding fee. If books are found before the end of June the \$10.50 fee will be reimbursed. The textbooks will be returned to the library once the students have completed their year end exams.

We have had lots of new books introduced to our library over this past year. We will have a few more coming to our shelves before the end of May. Have your children watch for them. Thanks so much for all your support over the year for our library, due to your support, we have one of the best libraries in Wolfcreek district.

Thanks again, Mrs. Schindel

Nickel Wars

Nickel Wars was a great success with lots of bombing to the “Staff Container.” The money raised will go towards lunches for the Crestomere Recreation Association volunteers who come out to help with the demolition and rebuilding of the outdoor rink. See you in June/July!



According to our School Handbook: *Students must dress appropriately for school and will be asked to ‘cover’ up if clothing is considered to be too revealing or inappropriate for a school setting. Shorts (including spandex) must be at a length that reaches no shorter than the student’s arm length (when extended down the side of their leg). Shoulder straps must be a minimum of 5 cm in width with no bra straps showing.*



The grade 2/3 class sent a birthday box, and messages to a girl named Olivia in Iqaluit.

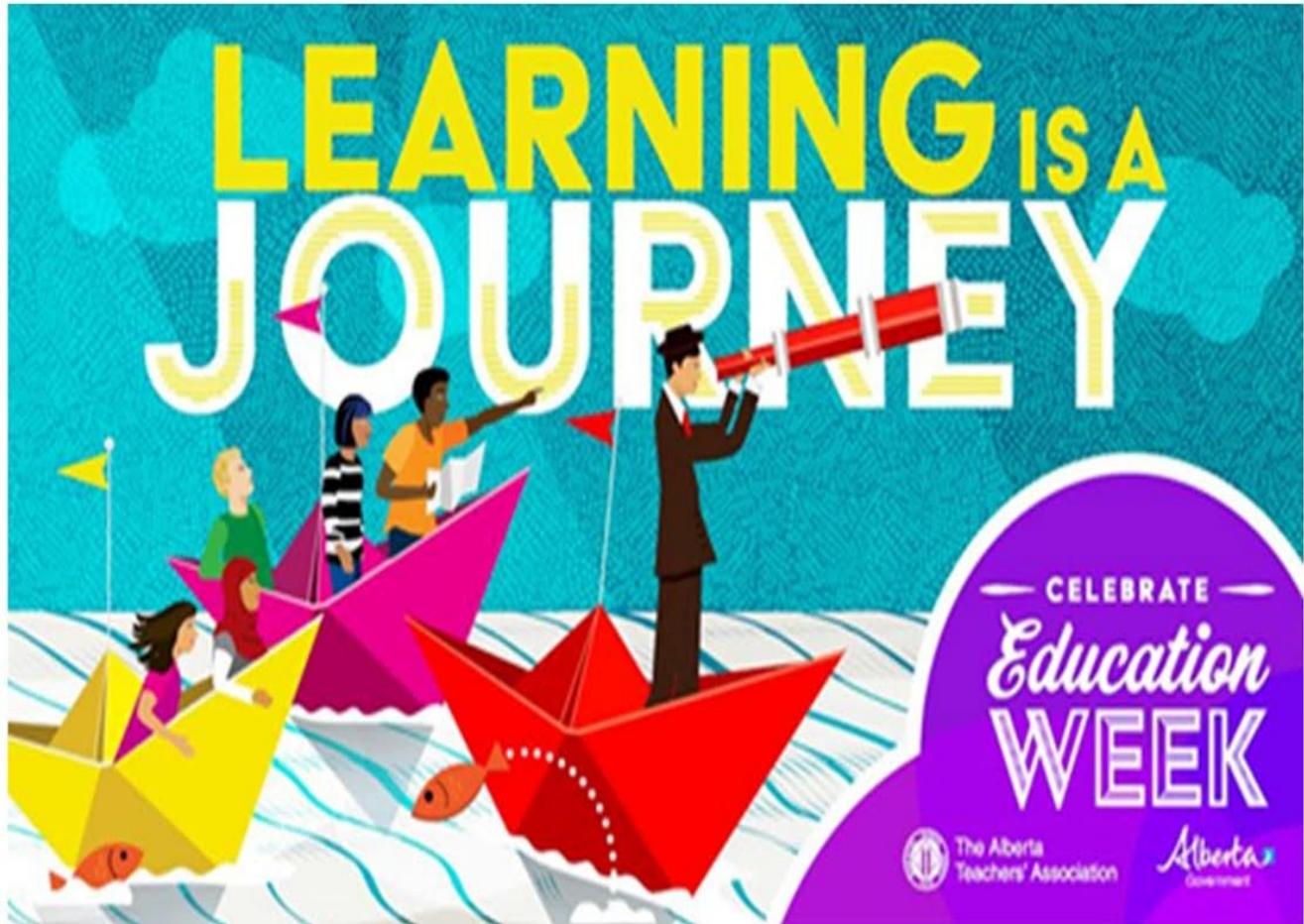
The grade 1-3 class learned how to make Pysakas (Ukrainian Easter eggs).



The **Crestomere Cougars Badminton Team** has enjoyed a HUGE amount of success during its 2019 season. Not only has the team had bronze, silver, and even gold finishes at qualifiers and open tournaments, the team carried itself with sportsmanship and positive attitudes; the Cougars represented their school excellently. Their coaches, Todd Lewis and Alan Leighton, are proud to see growth in all of the team's athletes.

Congratulations to all our athletes and good luck to Jeremy and Luke as they are bound for CWAJHAA - go Cougars!





Why is education important? When you think of your future, what do you see?
What do you want to do when you grow up? Who do you think you will become?
Where do you think your journey will take you? How do you plan to get there?

Wolf Creek Public Schools and your Local ATA would like to celebrate students, the hard work you do and support you on your learning journey.



EXPLORING MENTAL HEALTH

WITH FORMER NHL DEFENSEMAN
AND LIFE COACH BOB WILKIE

IRON RIDGE INTERMEDIATE CAMPUS

A PARENTAL EVENT

May 9th, 2019 7 - 8:30 pm

101 Cottonwood Dr
Blackfalds, AB T4M 0M4

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Visit igotmind.ca for more information



#GetLoud about what **MENTAL HEALTH** really is.

Mental Health Week
May 6-12, 2019
Social Media Bank

Semaine de la santé mentale
Du 6 au 12 mai 2019
Banque de publications pour médias sociaux

English	Français
<p>Mental health is about more than being happy all the time. It's about feeling good about who you are, having balance in your life, and managing life's highs and lows. #GetLoud about what mental health really is. #MentalHealthWeek www.mentalhealthweek.ca</p>	<p>La santé mentale c'est plus que d'être toujours de bonne humeur. C'est se sentir bien dans sa peau, avoir un équilibre dans sa vie et être en mesure de gérer les hauts et les bas du quotidien. #ParlerHautEtFort pour démystifier la santé mentale. #SemaineDeLaSantéMentale www.semainedelasantementale.ca</p>
<p>Happy #MentalHealthWeek! It's never too late or too early to start taking care of your #MentalHealth. Let's #GetLoud about what mental health really is. www.mentalhealthweek.ca</p>	<p>Joyeuse #SemaineDeLaSantéMentale! Il n'est jamais trop tôt ou trop tard pour prendre soin et améliorer sa #SantéMentale. Prêts #ParlerHautEtFort pour démystifier la santé mentale? Visitez : www.semainedelasantementale.ca</p>
<p>This week is #MentalHealthWeek. But what is #MentalHealth exactly? Learn more at www.mentalhealthweek.ca and #GetLoud about what mental health really is.</p>	<p>Selon vous, qu'est-ce que la santé mentale? Pour la #SemaineDeLaSantéMentale, démystifions ce qu'est la santé mentale, apprenez-en davantage au www.semainedelasantementale.ca #ParlerHautEtFort</p>
<p>We all have #MentalHealth just like we all have physical health. Every one of us. #GetLoud this #MentalHealthWeek about what mental health really is. www.mentalhealthweek.ca</p>	<p>Nous avons tous une #SantéMentale, tout comme nous avons tous une santé physique. Chacun(e) d'entre nous. En cette #SemaineDeLaSantéMentale, #ParlerHautEtFort pour démystifier la santé mentale. www.semainedelasantementale.ca</p>
<p>Regardless of if you have #MentalIllness or not, we can all have good #MentalHealth. This week, #GetLoud about what mental health really is. #MentalHealthWeek www.mentalhealthweek.ca</p>	<p>Avec ou sans #MaladieMentale, nous pouvons tous avoir une bonne #SantéMentale. Cette semaine, #ParlerHautEtFort pour démystifier la santé mentale. Visitez www.semainedelasantementale.ca #SemaineDeLaSantéMentale</p>
<p>#MentalHealth is not just the absence of mental illness. For #MentalHealthWeek, let's #GetLoud about what mental health really is. www.mentalhealthweek.ca</p>	<p>La #SantéMentale, ce n'est pas juste l'absence de maladie mentale. Pour la #SemaineDeLaSantéMentale, préparez-vous à #ParlerHautEtFort pour démystifier la santé</p>



#ParlerHautEtFort pour

démystifier la **SANTÉ MENTALE.**

	mentale. Visitez www.semainedelasantementale.ca
This week is #MentalHealthWeek. #RT to #GetLoud about what #MentalHealth really is. www.mentalhealthweek.ca	En cette #SemaineDeLaSantéMentale, #RT pour #ParlerHautEtFort et démystifier la #SantéMentale. www.semainedelasantementale.ca
With the right tools, you can start improving your #MentalHealth today. In fact, you're probably already using some of these tools. Visit www.mentalhealthweek.ca to learn more! #MentalHealthWeek #GetLoud	Avec les bons outils, vous pouvez améliorer votre #SantéMentale dès maintenant. En fait, vous utilisez probablement déjà certains outils. Visitez www.semainedelasantementale.ca pour en découvrir d'autres! #ParlerHautEtFort
Having good #MentalHealth means you're supported in the places you live, work, play and learn. Learn more about what mental health really is: www.mentalhealthweek.ca #MentalHealthWeek #GetLoud	Avoir une bonne #SantéMentale signifie que vous avez du soutien là où vous vivez, travaillez, jouez et apprenez. Pour démystifier la santé mentale, apprenez-en plus au: www.semainedelasantementale.ca #ParlerHautEtFort #SemaineDeLaSantéMentale
Being part of a community and having a good support system are key to having good #MentalHealth. Learn more at www.mentalhealthweek.ca #GetLoud #MentalHealthWeek	Avoir un sentiment d'appartenance et un réseau de soutien dans sa communauté sont la clé pour une bonne #SantéMentale. Pour en savoir plus, visitez www.semainedelasantementale.ca #ParlerHautEtFort



#GetLoud about

what **MENTAL HEALTH** really is.



Mental health is a state of well-being, and we all have it. We might have a mental illness, and we might not. Either way, we can all feel well. We can all have good mental health. It is about having a sense of purpose, strong relationships, feeling connected to our communities, knowing who we are, coping with stress and enjoying life. And it's never too early or too late to get there. But it's not just about what you do for yourself, by yourself—everyone needs healthy and supportive places to work, live and learn.

CMHA **Mental Health Week**

May 6-12, 2019

Visit mentalhealthweek.ca
for info and tools!

SleepCountry
All for Sleep®



CGI





This is too good to miss!!

This [FREE positive parenting conference](#) happens every year and it's put together very well.

BIG names here -- Dr. Laura Markham, Dr. Dan Siegel, Dr. Ross Greene, Shawn Achor, Julie Lythcott-Haims, Joanna Faber & Julie King, Kim John Payne, and others.

The conference starts on **May 7th**, but you can reserve your FREE spot [here now](#).

16 FREE MASTERCLASSES BY EXPERTS IN PARENTING AND PSYCHOLOGY TO RAISE HAPPY, WELL-ADJUSTED KIDS

Online & Free from May 7 to 14!

GET FREE TICKET NOW

PositiveParentingConference.Com

The advertisement features a blue background with a grid of 16 circular headshots of various experts in parenting and psychology. The text is in white and yellow, and there is a prominent yellow button with black text.

Visit <https://afineparent.com/positive-parenting-conference> to sign up for free!!!!!!



Join the 3rd Annual
**Walk 'n' Roll
Challenge!**

Here's how it works:

- From **May 1 to August 31**, walk, bike or 'roll' to your destinations – as often as possible!
- Did you walk to the store or the mailbox? Record it as a 'trip'!
- Register your 'trips' each week at www.ponoka.ca
- The 'to' and 'from' portion of each trip count as two separate trips; the length of the trip is not important.
- A 'trip' is not just walking or biking for recreation or exercise. You must be going to a destination.
- Participants can win **monthly prize draws!**
- The Challenge is a friendly competition between Ponoka, Stettler & Wainwright. The Town that records the most 'trips' wins!
- **You're** the real winner – because you're getting active and fit!

**Walk 'n' Roll this summer!
It's great for you and our planet!**

For more information: 403-783-0118 or email
wes.amendt@ponoka.ca





Homeglen Ladies Club

ANNUAL STEAK FRY

For Friends and Invited guests

SAT, JUNE 8, 2019

Homeglen Hall

Supper at 6:00pm

Live band -

Will Braun & Elena Marie



Tickets

\$25 Adults

\$5 Ages 6-12

For Tickets

Contact

Pat 403.843.3963


Woulien 403.783.6244

Crestomere School
 RR #3, Lacombe AB T4L 2N3
 Phone: 403-785-2141
 Fax: 403-785-0740
 Website: www.wolfreek.ab.ca/cr
 E-Mail: 4202@wolfreek.ab.ca



May 2019

Sun Mon Tue Wed Thu Fri Sat

			1	2 Crazy Hair	3	4
5	6	7	8 PAT Grade 6 & 9 LA Part A	9 Parent Teacher Interviews 3-8:30 pm SWIMMING	10 PD Day No School	11
12	13 SWIMMING	14 SWIMMING Friends of Crestomere meeting @ 7:30pm	15 SWIMMING Family Fun Night 6:30-8:30 pm	16 SWIMMING Hot Lunch Orders due by 9am	17 In Lieu Day No	18
19	20 Victoria Day No School	21 In Lieu Day No	22	23 Hot Lunch Taco in a Bag	24 Elementary Track Meet Bluffton 	25
26	27	28	29	30 Grade 9 Farewell @ 7:00pm	31 Gr. 1/2 & 2/3 Innsfail Zoo Field Trip 