



Weekly Memo

Monday June 17th – Friday June 21st

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| <i>Mon, June 17</i> | Happy Monday |
| <i>Tues, June 18</i> | Swim2Survive Grade 7– Westwood Lake PM |
| <i>Wed, June 19</i> | Happy Wednesday |
| <i>Thurs, June 20</i> | Gr 7 Leaving Ceremony 4:30-7:30pm |
| <i>Fri, June 21</i> | National Indigenous Peoples Day |

Upcoming Dates

June 26th

Last day of school – Report cards sent home electronically
Happy Summer!



Parent Corner

Canadian Mental Health Association:

- Navigating summer stress: Tips for managing anxiety as school ends, <https://cmha.ca/news/navigating-summer-stress/>

*Nanaimo Child Development Centre, Family Resource Navigator,
Melissa melissa@nanaimocdc.com OR call 250.753.0251*

- Provides parents with ways to access community resources

Track and Field

Congratulations to our athletes who attended the District Track and Field meet on Thursday July 13th. We expect the results to be sent to the school by early next week. The office will share the results with your child's classroom teacher once we receive them. *Well done everyone!*

National Indigenous Peoples Day

Friday, June 21st is National Indigenous Peoples Day. We recognize and celebrate the history, heritage, resilience and diversity of First Nations, Inuit and Metis across Canada. At Ecole Hammond Bay, we are grateful to work and play on the beautiful traditional territory of the Snuneymuxw peoples.



What is happening at Ecole Hammond Bay:



Recess
FUN!



THANK YOU PAC!

A huge thank you to the PAC, and their special volunteers, for providing our staff with an amazing appreciation lunch on Tuesday June 12th.



"It was delicious!"

"The person who made this spread should be a full-time caterer"

"This was such a kind gesture. Merci"