



NEWS FROM THE NEST

May 27 - 31, 2024

EAGLES S.O.A.R
(Safe Organized Accountable Respectful)

Dear Parents and Caregivers of East Lake School,

Jossalyn McConnell, RVS Success Coach led our staff through a "Self Care and Succulents" workshop on Friday. She showed us a slide defining "self care" as "the practice of taking action to preserve or improve one's own health." Succulents (or plants) are similar to humans as they require water, sunlight and someone to care for them.

As an adult, for me, my self care includes moving my body and lots of water. Some quiet time, alone is also helpful. I enjoy a good novel and a visit with a friend. Getting enough rest and good food is also important for me to be at my best. Healthy boundaries are also crucial.

When spending time with my daughter and niece over the long weekend, they were able to tell me what self care strategies they use. "Eating some food," "sitting down and breathing," "going outside" and "talking to an adult" were big ones. It's amazing that two seven year olds are self aware and can verbalize what they need to look after themselves.

As parents we are busy with many obligations. Sometimes it can feel like our needs come last. I recognize that when I take care of myself, I am able to show up better for my family, for my school and for myself. What things do you do for self-care?

Have a great weekend.

Amanda Schultz, M.Ed
Principal, East Lake School
Rocky View Schools
403.248.1091

This Week:

May 29

Kindergarten
Orientation
6:00 – 7:00 pm

Upcoming:

June 12

Volunteer Tea
1:00 – 2:30 pm

June 17

Kindergarten
Celebration
8:30 – 10:30 am
11:45 am – 1:45 pm

June 18

Friends of East Lake
School Society AGM
6:00 pm

June 25

Sports Day

June 26

Grade 6 Farewell
11:00 am

June 26

Last Day of School

For translation into other languages, please click here: translate.google.com

Website: <http://eastlake.rockyview.ab.ca>

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5 Nesgaard-Inglis created this thank you card for Friends of Chestermere East Lake School Society to thank them for the respiratory and digestive systems models they purchased. Did you know FOCELS has contributed over \$20,000 to support learning this year? Thank you for the field trips, bussing, classroom supplies and more!

**FRIENDS OF
EAST LAKE SCHOOL SOCIETY**

**ANNUAL GENERAL
MEETING**

Let's share ideas, progress
and plan for next year !

DATE
June 18, 2024

TIME
6:00 pm

**MANY VACANT BOARD
POSITIONS AVAILABLE !**

East Lake School Learning
Commons

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