

Box 299 | Bentley, AB T0C 0J0 | Phone: 403-748-3770 | Email: bentley@wolfcreek.ab.ca | https://bentley.wolfcreek.ab.ca

Importa	nt Dates	June 2022
June 1	Hot Dog Day	Field Trip Dates
June 1 & 2	Walk for Kids Sake (fundraising packages due)	June 3
June 3	Elementary Track Meet (lunch provided to those who pre-ordered - no concession onsite)	Kindergarten Ellis Bird Farm (All pods!) June 21
June 3	Date Night from 4:30 - 9:00 p.m. (pre-registration required)	Gr. 1M Kite Presentation & Workshop
June 6 - 10	Used Book Sale	June 23
June 7	Town Clean-Up	Gr. 1R Sunnybrook Farm June 23 & 24
June 7 & 8	AHS Oral Health Services (K - Gr. 2)	Gr. 6 Camp Evergreen
June 9	Gr. 6 Immunizations	June 27 Gr. 5 Year End Field Trip
June 10	No School for Students	Gr. 4 Year End Field Trip Gr. 8 Year End Field Trip
June 13	Parent Advisory Council (in person), HS Learning Floor	June 28 Gr. 7 Telus World of
June 14	Science Field Trip	
June 16	Author Visit: Beverly Hagen (K - Gr. 3)	Gr. 6 PAT Exam Schedule
June 16	Hot Dog Day	June 13 Language Arts Part B
June 20	Author Visit: Sigmund Brouwer (Gr. 4 - 8)	June 14
June 21	National Indigenous Peoples Day	Math Part A June 15
June 24	Gr. 2 & 3 Musical: The Best Best Show Ever! Parents welcome!	Math Part B
June 24	Gr. 12 Graduation Ceremony	June 17 Science
June 28 June 29	Kindergarten Red Pod's Last Day (Hot dog lunch provided) Kindergarten Green & Blue Pod's Last Day (Hot dog lunch provided)	June 20 Social
June 29	Gr. 1 - 12 Student's Last Day	
June 30	Teachers Last Day	

Year End Reminders

Assessment and Reporting

Printed report cards will be sent home with Kindergarten to Grade 6 students the last week of school. Students and parents in Gr. 7 - 12 can continue to access students' marks by logging into the PowerSchool and online payments online portal or by downloading the PowerSchool App. <u>Click here for complete instructions on how to view your child's marks in PowerSchool</u>. All marks and comments will be finalized by Monday, June 27.

Returning Library Books & Textbooks

Mrs. McDiarmid will close the library for any new checkouts on Thursday, June 9, 2022. Watch for a notice from Mrs. McDiarmid to families who still have library books at home the week of June 13. We require all classroom textbooks and library books to be returned to the school by Friday, June 24. All items not returned by the end of the school year may be subject to a lost book or replacement fee. All library and textbooks books are electronically scanned and tagged to students when they are signed out.

Not Returning to Bentley School this Fall?

If there are any factors you are aware of, such as an upcoming move, etc., please contact the school at 403-748-3770 or email us at bentley@wolfcreek.ab.ca so that we may keep an accurate count for next year.

Registration for Returning Students Next Year

Watch for returning student registration information that will be emailed out to parents August 20. These forms are mandatory by AB Education and must be completed by September 15.

School Fees

All outstanding school fees are required to be paid by the end of June. Any outstanding school fees will roll over into next year. Any credits from this year's school fees will remain in your account and roll over into next year.

Field Trip Permission Forms

A number of field trips are scheduled for June. Permissions form will be online and must be completed along with payment prior to your child attending, along with any outstanding school fees. If you need assistance completing forms or paying these fees, please contact the school at (403) 748-3770.

Elementary Track & Field - June 3

Elementary students will be participating in track and field day on Friday, June 3. Thank you to Parent Council for providing lunch to students that pre-ordered! Please note there is no concession on site the day of the event. Children should dress appropriately, wear a hat, have a water bottle, sunscreen and bug spray. Parents are welcome to come and watch and cheer on the upcoming athletes!

Lost and Found on Display

Lost and found items will be on display during the elementary track and field day. Please stop by the office to see if you are missing any items.

Volunteers

At Bentley School, we love volunteers! If you are interested in being a Bentley School volunteer, check with your homeroom teacher or contact us at (403) 748-3770. All volunteers are required to complete:

Volunteer Application Form
Criminal Record Declaration Form
Vulnerable Sector Check Application

These forms will be kept on file at the school. The Vulnerable Sector Checks are valid for three years. The Volunteer Application Form and the Criminal Record Declaration Form must be completed yearly. Volunteers have the option of applying for their Vulnerable Sector Check online at:

https://rcmp.policesolutions.ca/checks/services/rcmpab-sylvanlake/

Walk for Kids Sake

Walk for Kids Sake is happening on June 1 & 2. Just a reminder that if you signed up to fundraise for Big Brothers, Big Sisters please return those pledge forms to the office the day of the walk. Kids can continue to fundraiser until, June 10 at the latest. There are prizes for the highest fundraisers in our school and prizes for the best dressed classroom!

Gr. 2 & 3 Musical: The Best Best Show Ever!

Get ready for cats, dogs and bunnies and even a snake to be a part of the upcoming Grade 2 and 3 musical, "The Best Pet Show Ever"! In our music classes, we have been busy learning songs and putting together a show to share why our pets are the best, the role of the SPCA, and the importance of responsible pet ownership. The students are super excited to share their singing voices and acting chops with parents on Friday, June 24 at 2:30 in the elementary gym. The show is about 20 min long. Hope to see you there!

Author Visits

Beverly Hagen - Oh Milly, So Silly!

Bentley School is excited to welcome local author Beverly Hagen to our school on the afternoon of Thursday, June 16 to visit our Kindergarten to Gr. 3 students. After 25 years as a special educator and school counsellor, Beverly retired to Lacombe in 2006 and self published a children's book called "Oh Milly, So Silly." A true story about a stray cat finding her forever home. While exploring her new surroundings, Milly discovers many ways to act silly and make new friends along the way. Follow Milly on facebook at: https://www.facebook.com/OhMillySoSilly. Students have the option of pre-purchasing her book from the PowerSchool and online payments parent portal between June 1 and June 16 or the day of the visit for \$10.

Sigmund Brouwer

Sigmund Brouwer is an award winner author and popular author at Bentley School. We are excited to welcome him to a presentation to our Gr. 4 - 8 students on the afternoon on Monday, June 20. Author Sigmund Brouwer uses his *Rock and Roll Literacy* presentation to encourage summer reading by students, and to also highlight and celebrate all that teachers do for students throughout the school year. He uses a mixture of story, music, and video to deliver key points about reading and writing skills to complement what teachers discuss in the classroom, and he shares Story Ninja tricks to help motivate students to want to put stories on paper — from expository to personal narrative to creative writing. To boost summer reading, the presentation includes a free ebook for each student, as well as a box with 50 copies of one of his hockey novels to be used as draw prizes following the event. Students will also be able to register free for his *Story Ninja Summer Program* — a live virtual program with once-a-week lessons that guides them to writing a completed short story.

Bentley School

TOWN CLEANUP

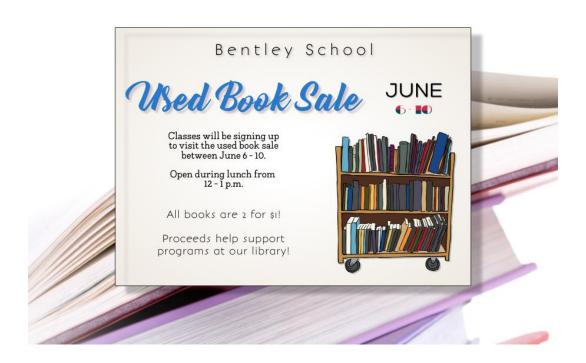
June 7 | 1 PM

Bentley School students will be picking up trash around town the afternoon of June 7. Please wear comfortable clothing that is okay to get dirty. Gloves and garbage bags are provided.



Please help keep our students safe if you are passing by groups of students in town.

Made with PosterMyWall.com



Jr High June Final Exam Schedule

<u>Parents please note:</u> jr. high students are expected to be at school all day during exam week, they are not permitted to leave following their exam!

Date	Time	Course	Room #	Supervisor
Mon, June 20	9:30-11:30 am 1:30-2:30 pm	7W Science 7T LA 8B Math Author Visit	B102 B115 B101	Mr. Wessner Mrs. Thera Miss. Bertin Elem Gym
Tues, June 21	National Indigenous Day	No Exams!		
Wed, June 22	9:30-11:30 am	7W Math 7T Social 8B LA	B101 B102 B115	Miss. Bertin Mr. Wessner Mrs. Thera
Thurs, June 23	9:30-11:30 am	7W Social 7T Math 8B Science	B102 B101 B115	Mrs. Thera Miss. Bertin Mr. Wessner
Fri, June 24	9:30-11:30 am	7W LA 7T Science 8B Social	B115 B102 B101	Mrs. Thera Mr. Wessner Miss. Bertin
Mon, June 27		Grade 8 field trip		
Tues, June 28		Grade 7 field trip	*	
Wed, June 29		School Assembly! Student's Last Day!		

June 2022 Final Exam Schedule

Date	Time	Course F	Room #	Supervisor		
Mon, May 16	9:00 am - 11:40 am	ELA 9 Part A PAT	A206	Mrs. Annable		
Tues, June 14	9:00 am - 3:00 pm 10:00 am - 11:25 am	Soc 30-1 & 30-2 Part A Diploma Social 9 - Practice PAT	A214 A215	Mr. Moore Mr. Hazlett		
Fri, June 17	9:00 am - 12:00 pm 1:00 pm - 2:00 pm	English 20-1 & 20-2 Written Final Math 9 Part A PAT Last Day of Regular Classes & Locker Clean Out!	A214 A110	Mrs. Annable Miss. Turner		
Mon, June 20 to Fri, June 24		Final Exam Week Students can go home after their exam!				
Mon, June 20	9:00 am - 12:00 pm 1:00 pm - 3:00 pm 1:00 pm - 3:00 pm 9:00 am - 11:40 am	English 20-1 & 20-2 MC Final Chemistry 20 Final Exam Social 10-1 & 10-2 Final Exam ELA 9 Part B PAT	A110 A110 A215 A215	Mrs. Presley Miss. Turner Mr. Hazlett Mrs. Annable		
Tues, June 21	National Indigenous Day No Exams! Study Sessions!	Math 20 Study Session - 8:30-9:55 Bio 30 Study Session - 10:00-11:25 Social 30 Study Session - 11:25-12:1 Physics 30 Study Session - 1:00-2:2 Math 9 Study Session - 8:30-9:55 Social 9 Study Session - 10:00-11:2 PE 9 - 11:25-12:15 Science 9 Study Session - 1:00-2:25 Tutorial 9 - 2:25-3:15	A110 A215 A214 A110 A215 Gym	Mr. Brown Miss. Turner Mr. Hazlett Mr. Brown Miss. Turner Mr. Hazlett Mrs. Presley Miss. Turner Mrs. Annable		
Wed, June 22	9:00 am - 3:00 pm 9:00 am - 11:30 am	Soc 30-1 & 30-2 Part B Diploma Social 9 PAT	A214 A215	Mr. Moore Mr. Hazlett		
Thurs, June 27	9:00 am - 3:00 pm 9:00 am - 11:40 am	Biology 30 Diploma Math 9 Part B PAT	A214 A110	Mr. Moore Miss. Turner		
Fri, June 24	9:00 am - 12:00 pm 9:00 am - 11:30 am	Chemistry 30 Diploma (1 student) Math 20-1 & 20-2 Final Exam Science 9 PAT	A102 A214 A110	Mrs. Lush Mr. Brown Miss. Turner		
Mon, June 27	9:00 am - 3:00 pm	Physics 30 Diploma (2 students)	A214	Mr. Moore		
Tues, June 28		No School for gr 9-12 students				
Wed, June 29	i i	No School for gr 9-12 students				

Minimum time for an exam is 1 hour, students must remain in the exam area.

Gr 9-12 Exam Week - students may leave after their exam is finished, teachers may schedule study sessions in the afternoons so please connect with your teachers. CONGRATULATIONS CLASS OF 2022

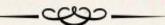


ADream Come True

GRADUATION CEREMONIES

BANQUET: 5 P.M. (INVITED GUESTS ONLY)

CEREMONY: 7 P.M. (EVERYONE WELCOME)



BLINDMAN VALLEY AGRICULTURE CENTRE

Teaching Staff 2022 - 2023

Bright Futures	Christy Lawrence
Kindergarten	Darci Cole
Gr. 1	Kathleen Moore
Gr. 1/2	Courtney Ranta
Gr. 2	Joanne Simpson/ Jamie Wilkins
Gr. 3	Lindsay Morrison
Gr. 4	Erin Schofer
Gr. 5	Kelsey Ruttan
Gr. 5/6	Sheri Kimmel
Gr. 6	Jill Howe
Jr. High Science	Travis Wessner
Jr. High English	Kelsey Thera
Jr. High Math	Jannah Bertin
Sr. High Science	TBD
Sr. High Math/Physics	Heather Bolin
Sr. High English	Suzanne Annable
Sr. High Social Studies	Jason Hazlett
RTI/Academies	Pam Stephenson
Phys Ed	Kyle Schroeder
Mat Leave	Nikki Allen Vanessa Robinson Leesha Bilodeau

Bentley School is welcoming four new teaching staff next year! Welcome to **Heather Bolin** who will be taking over High School Math/Physics. **Kyle Schroeder** will be teaching Phys Ed from Kindergarten to Gr. 12. **Vanessa Robinson** has been hired as the new Kindergarten teacher; however, she will be on mat leave next year and Darci Cole will be covering her position. Interviews are currently taking place for the high school science position.

In addition to teaching staff we are also welcoming five new educational assistants Raeann McNaught, Kristeena Meinema, Lynne Bromwich, Tannis Crawford and Ashley Fraser in addition to our current EA's. They have lots of experience working with students and we are excited to have them on board.

We are also welcoming **Kadyn Schmidtke** as our new school Social Worker next year.

We are sad to be saying goodbye to **Kyle Brown**, **Victoria Presley**, **Brittni Turner**, **Janis Smith**, **Jeanie Morton and Amber Harris** who are all moving on to new opportunities next year. We would like to thank them all for their contributions to our school and our students. You will be missed!

Sadly, Mrs. Henry, Mrs. Landry and Mrs. Ree have also made the decision to retire this year! These three ladies have over 90 years of combined years of service at Bentley School. They have left their mark on so many students and we are grateful for their service and dedication to education. Join us in wishing them all the best in the next chapter of their lives.

Academies for 2022-2023!

Bentley School is excited to welcome back our golf and hockey academies for the 2022 - 23 school year!

Golf Academy

Registration is now open for golf for the Fall 2022 season. Students will participate in 4-5 sessions with a proat the Gull Lake Golf Course 1 afternoon per week in September 2022 and possibly October depending on weather. Days and times to be determined based on registration numbers. The cost is \$120 and includes transportation. Registration will open again in the Spring of 2023 which will include the Fall session. Register online using the PowerSchool and Online Payment parent portal under school fees.

Hockey Academy

Watch for registration details in September!





Congratulations to our May student of the month winners!

2022-2023 Student Supply Lists are Available!

Parents have the option of purchasing supply lists through School Start once again. This process saves time and money! **Parents please note: Phone calculators are not an acceptable calculator**. Junior and senior high students need a scientific calculator. If your child will be taking Math 10C, 20-1, 20-2, 30-1, 30-2 then a graphing calculator is required. For the complete list of supplies visit our website at: https://bentley.wolfcreek.ab.ca/parents/school-supplies



Dear Parents/Guardians:

Your teachers at Bentley School are excited to offer the opportunity to purchase quality standardized school supplies through School Start for the 2022/2023 school year. This process will save you both time and money.



3 WAYS TO ORDER:



 $\underline{\textbf{ONLINE:}} \ \textbf{You can place your order online at www.schoolstart.ca}.$

Our site is best compatible with Firefox or Chrome.



PHONE: You can call our customer service centre at 1-800-580-1868 to place your order over the phone.



EMAIL: You can print and fill out the order form and return to our office via email to: info@schoolstart.ca.

2 DELIVERY OPTIONS:

- HOME:

The supplies will be packaged and delivered directly to your house. If you have a P.O. Box, please use your 911 address. Because the kit (s) are delivered to your home, you will have the ability to:

- Pre-label your child's supplies
- Add supplies to your order for home use or for your child in another school
- SCHOOL: The supplies will be packaged and delivered directly to the school in August before your child arrives, labeled with their name on the School Start Package.
 - *Any orders placed after July 31st, will be delivered to your home.

Thank you for your support!

OUR CALL CENTRE IS AVAILABLE if you have any questions or need any assistance ordering online: 1-800-580-1868 www.schoolstart.ca | info@schoolstart.ca | Ph: 1-800-580-1868



Back to School with School Start

Order your back to school supplies online at

schoolstart.ca



Call Centre is Available

Call 1-800-580-1868 to order over the phone or if you need assistance with online orders.



WOLF CREEK PUBLIC SCHOOLS 2022 - 2023 School Year

Bentley School

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Go Girls and Game On!

Thank you to Sydney and Jaxon from Lacombe Big Brothers, Big Sisters for facilitating the Go Girls and Game On program during the month of May for our grade 5 students. The students enjoyed a variety of fun activities, games and crafts. We would also like to thank Graeson Kirsch in grade 11 for volunteering and helping out with the Game On program this month.



Athletic News!



Congratulations to the Bentley Panther seniors girls handball team on winning the provincial championship! Bentley School hosted the event in Lacombe on May 13 & 14. Thank you to Mr. and Mrs. Lush for the countless hours they spent organizing the event and to all the volunteers who took shifts to make the weekend a success!



Congratulations to the jr high track and field athletes for competing at the Wolf Creek South Track Meet. The team finished 2nd overall, with Eckville winning the banner. A special shout out to Jaeda Poffenroth for winning the top gr 7 female athlete, Macy Morrison for finishing 2nd as the top gr 7 female athlete and Capri Wyld for finishing 2nd as the top gr 9 female athlete.

Scientists in Schools

Bentley School students were fortunate to enjoy Scientists in Schools workshops thanks to a sponsorship from Vesta Energy this year. Scientists in School is a leading Canadian charity that offers hands on, curriculum aligned STEM workshops for K-9 students. Their mission is to ignite scientific curiosity in our youth, and engage every child in the seeing, doing and understanding of science. They connect the young scientists in your school with Canadian scientists, engineers and technologists as they explore STEM together in virtual workshops.

Kindergarten students discovered the science of sticky, how things move and how to be a good scientist!

Grade 1R students learned about structures and materials. They explored a variety of materials to understand their qualities; then, through trial and observation, test for structural effectiveness.

Grade 1M students investigated sounds and designed their own shakers!

Grade 2 learned about amazing forces and got creative by engineering a maze. They used gravity and magnetic force to navigate objects through it. They also designed and built their own launching device, exploring stored energy and control of force.

Grade 3's learned about strong structures and understanding that a structure has both form and function and that structures need to be strong to withstand the force on them. In this session we learned about strong shapes and got to build and test various structures. It was super fun!

Grade 4 classes learned about owls through the dissection of owl pellets! Each student pulled apart their pellet and separated the fur from the bones of the owl's prey. They learned how to identify and classify the different bones that were found and were able to determine specific types of prey by comparing the skulls and jaw bones. We discovered that our owl's main diet is voles. It was a great introduction to their Grade 4 Novel study on Owls in the Family.

Scientists in Schools con't

Grade 5 students were able to design and build a circuit using copper tape, LED lights and batteries. They tested conductors, insulators and switches in the circuit. They also had a chance to play around with static electricity.

Grade 6 students investigated "whodunit" by examining clues left at the scene. They analyzed fingerprints. footprints and handwriting to determine suspects. They explored fabric samples and ran a chemical analysis on a mystery liquid. They used ink chromatography to test the ink of a pen on the note left at the scene. In the end they could name the suspect using all the clues gathered.

Grade 7's worked on building towers and bridges with the scientist in the classroom (Structure and Design Tasks).

Grade 8's worked on simple chemical interactions and solubility challenges (Matter & Mixture Unit).

Grade 9 students got to do 5 mini labs around the topics of chemical reactions. Students were led through each of the reactions where they were able to test out different variables related to reaction rates, reaction indicators, and identifying different properties. They all did an excellent job!



The Super Non-Heroes!

Thank you to everyone who came out and supported the jr. high drama option and their rendition of The Super Non-Heroes by Taryn Temple! The Gr. 4, 5 & 6 choir also performed This "Choir" is Back, Compass, and Good to be Alive. Kudos to the staff who poured their time into the performances and the students who starred in the choir and the play! Clearly, we have some talented actors and singers in our midst. Over \$900 was raised in support of the jr. high drama option and will be used to help keep building our drama supplies for future productions.



Bentley School





PRE-KINDERGARTEN - GRADE 12 REGISTRATION:

Please visit the Bentley School Registration page for full details:

ENROL

NOW

https://bentley.wolfcreek.ab.ca/registration

2022 - 2023 NEW STUDENT REGISTRATION

OPENS JANUARY 4 FOR PRE-KINDERGARTEN & KINDERGARTEN - GRADE 12!

Please Note: A copy of original birth certificate and any other pertinent legal documentation, such as custody or guardianship orders, MUST accompany registration.



+1 403 748 3770



Bentley@wolfcreek.ab.ca



https://bentley.wolfcreek.ab.ca/registration

https://bentley.wolfcreek.ab.ca/https-www-brightfuturesplayacademy-ca

Register for Busing for the 22/23 school year

Who needs to register:

- anyone new to busing, urban or rural (ECS students, etc.)
- anyone who lives in urban bus centres (Blackfalds, Ponoka, Lacombe)

These students must re-register each year

- anyone who has had a change of address
- anyone who wishes to access cross boundary busing must re-register each year
- rural students who live in the country and did not access busing at any time during the 2021-2022 current school year, should reapply for busing for September.

Who does not need to register:

- rural students (students who live in the country and are currently riding a bus).



Registration Deadline is June 1, 2022

Student Registration 2022-2023

New student registration for Pre-K & Kindergarten to Grade 12 is open. If you currently have a student in Pre-K who is either Kindergarten age or returning to Pre-K, parents have received an email with returning student registration instructions. Kindergarten to Grade 12 students won't receive returning student instructions until August 2022.

PRE-KINDERGARTEN STUDENTS:

For Pre-K programing details, please visit: https://bentley.wolfcreek.ab .ca/https-www-brightfutures playacademy-ca.

PRE-KINDERGARTEN - GRADE 12 STUDENTS:

New students please visit the Bentley School Registration to register: https://bentley.wolfcreek.ab .ca/registration



Community News!





Contact Vanessa Zinger for more Information (Monday-Friday) Offering After School Care On ALL School Days





Offering Child Care Starting @ Age 1 Year

We Are Operating 5 Days If you have Any Questions? Please get in contact with Tannin Zinger directly Via Cell Number (403) 506- 5719

PS: Please Make Sure you let me know who you are when getting in contact then we can proceed forward:)



A Week (Monday-Friday)

Lacombe Family Family **Resource Network** Resource #4, 4725 49B Ave Network **Worried Warriors** Facilitated by Inspiring Virtues To identify and navigate through worries and anxieties Monday's May 30 - June 20th 5:30 pm - 6:45 pm Youth ages 7-10 Registration Required Karen.white@mcmancentral.ca 403.896.3408 NSPIRING VIRTUES

Lacombe Family Resource Network #4, 4725 49B Ave

Family Network

Rock It Own

Facilitated by Inspiring Virtues

Defining confidence, realizing the power behind our thoughts, setting boundaries with assertive communiation, mindfulness and relaxation

> Monday's May 30 - June 20th 7:00 pm - 8:15 pm Youth ages 11 - 14



Registration Required Karen, white@mcmancentral.ca 403.896.3408

Community News Con't









June 18 9:30- 3:30 pm

Basement of Town Office Bentley













This course will prepare your child to

feel safe at home.

Ages 9 & up-

- Basic first Aid
- How to handle Emergencies
 - Home Safety

Please bring snacks/lunch





Cost \$40
includes books
min. 5 kids to run class
to register:
parentingproactively101@gmail.com



Babysitting Course Saturday, June 4 9-4:30 pm Bentley, AB Basement of Town Hall Ages: 11 & up

\$45 per student - includes all materials must have a *min. of 5* students to run



To register: parentingproactively101@gmail.com



Helping children be mindful

Being mindful means paying attention to the present moment, exactly as it is.

Often we worry about the future or obsess over the past. It is really hard to be anxious if you are completely focused on the present moment – what you are sensing and doing right NOW.

Why do we want to be mindful? Living life more mindfully can help you to handle stress when it arises, and also experience life more fully, with more joy and gratitude.

Practice mindful breathing with your child

Sit comfortably with your back straight.

Focus your attention on your breathing.

Notice what it feels like to breathe in and out. Feel the rise and fall in your chest or belly or the cool air on the in breath and the warmer air on the out breath.

You can silently say to yourself "breathing in", "breathing out". Keep going for 5 more breaths.

If you get distracted, simply notice and gently bring your attention back to the feeling of breathing in and out.

Notice how you feel now?

MORE RESOURCES

Mindfulness Exercises - Anxiety Canada

Meditation for Kids - Headspace

Mindfulschools.org

Benefits of a regular mindfulness practice

Research demonstrates that practicing mindfulness regularly:

- Is good for your health
- Reduces stress and anxiety
- Increases compassion and kindness
- Improves focus and attention
- Strengthens resilience and emotion regulation
- Improves relationships and overall well-being
- · Is great for both adults and children

Try these mindfulness practices with your child

Tune into your environment through your 5 senses.

 Pause, take a few slow breaths and ask: what are 5 things I can see? 4 things I can hear? 3 things I can feel?
 2 things I can smell and 1 thing I can taste?

Share something you are thankful for or something you appreciate about another person.

After each practice, notice how your body and minds may feel calmer.

Make a mindful moment a regular part of your day!

Information on mental health, community supports, programs and services in your area:









