

Bandit Booster



November 2024

“Ugh! I hate snow!!” This phrase can be heard over and over this time of year. As autumn comes to a close and winter starts to creep in, it can be so easy to get stuck in a rut - not only with your truck, but with your mental health too.

Here are some tips to keep you and your child feeling cheerful and increase your energy levels as the days get shorter.

- Eat healthy. It's tough to be on top of your game if you aren't giving your body nutrients that can provide the most energy and vitamins.
- Get moving. Physical activity releases endorphins and activates neurotransmitters that are associated with feelings of wellbeing and pleasure. Additionally, outdoor activities oxygenate your body and get you out in the sunshine.
- Go outdoors often and dress warmly. Take advantage of sunny days to venture outside!
- Soak up some sun... inside your home! Let sunshine in as often as possible (open the curtains wide) and sit near a window.
- Talk to a health professional if you think you have seasonal depression or are affected by the lack of light. They can present the various solutions that are available to you.



Principal's Message

Hello OAP & HGE School Families,

Welcome to November! This month is such a fantastic time for teaching and learning – our routines are in place, and we're hitting our stride as we explore new material in the classroom. November also gives us a chance to pause and reflect on our progress before the holiday season begins.

We hope you enjoyed connecting with your child's teacher during Parent-Teacher Interviews. It's always such a pleasure for our staff to share student progress and goals, and we're grateful for your involvement and support. We're proud of our dedicated staff who work daily to ensure students are thriving academically and socially.

October was filled with fun and learning! Earlier this month, Science in Motion brought engaging activities to our students, thanks to our supportive School Council. Our hot lunch program is off to a wonderful start, and the students are loving the delicious variety each week. As we wrap up October, we look forward to celebrating Halloween. OAP will be having a costume parade in front of the Lodge, while HGE students visit Memorial Hall's Haunted House. (A few treats may sneak their way in too!)

As days get shorter and temperatures drop, please make sure your child is bundled up for outdoor recess. Warm coats, gloves, and hats go a long way in making recess enjoyable.

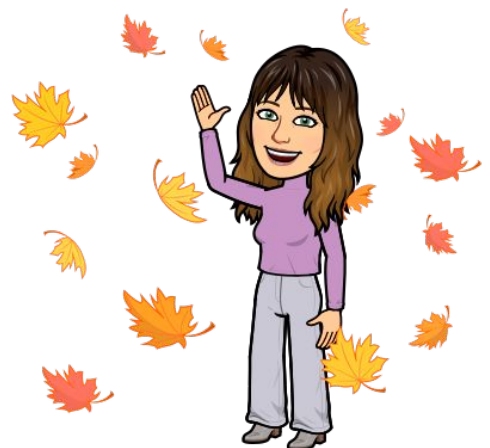
Upcoming dates to Remember:

- **November 7th:** No School - Professional Development Day
- **November 8th:** No School - In Lieu Day
- **November 11th:** No School - Remembrance Day

Thank you for your ongoing support and partnership in your child's learning journey. Here's to a great November!

Sincerely,

Cheryl Gascoyne



Dress for the Weather

Fall is here! It's time to bring mittens, toques, jackets... and maybe pull your ski pants out of their summer hideaway. All of our students look forward to recess, so please make sure your child is dressed appropriately so they can enjoy recess!



Keep Up with HGE Online!

If you'd like regular updates on what's going on at HGE, please like our Facebook page @ Facebook.com/people/Harry-Gray-Elementary-School

Technology fees overdue

The 2024/2025 technology fee of \$32.00 is now overdue. This can be paid via School Cash, online, cash or cheque.

Medical Head Lice

Head lice should be treated regularly not just through a outbreak. When lice are identified the school will notify the parents/guardians of all the children in the affected class. For treatment protocol <chrome-extension://efaidnbnnnibpcajpcglclefindmkaj/http://www.albertahealthservices.ca/assets/info/school/if-sch-s-h-head-lice-and-how-to-treat-t-hem.pdf>

November

Sun

Mon

Tues

Wed

Thur

Fri

Sat

					<p>1 Assembly @noon Paid Hot Lunch Pizza Sub w/veggies</p>	<p>2</p>
<p>3</p>	<p>4</p>	<p>5</p>	<p>6 Remembrance Day Ceremony</p>	<p>7 PD Day/ No school</p>	<p>8 Day in Lieu/No School</p>	<p>9</p>
<p>10</p>	<p>11 Remembrance Day(no school)</p>	<p>12</p>	<p>13 World Kindness Day</p>	<p>14</p>	<p>15 Paid Hot Lunch/ Chicken Bacon Ranch Wrap</p>	<p>16</p>
<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22 Free Hot Lunch/ Grilled cheese</p>	<p>23</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29 Paid Hot Lunch/ Chicken Fingers & Fries</p>	<p>30</p>

Thank You Parent Council for allowing all of our students to participate in swimming lessons for the month of November.

Swimming Lessons
November 12th - 21st
Schedule TBT



December

Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Last day of school before christmas break	21
22	23 Christmas Break	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27 Christmas Break	28
29	30 Christmas Break	31 New Years Eve				

Last day of school before the holidays is December 20th and students first day back is January 6th



