

# MME VAL'S MONTHLY REVIEW - APRIL 2024



## WORD FROM THE PRINCIPAL

April has been a busy month, coming back from the Spring Break! Students have been hard at work both in and out of the classroom. Intermediate students have started Track Attack and are getting ready for the big track meet at Minoru on May 27.

Several classes have been working in the garden and going on nature walks, soaking in the beautiful weather we have been having! May will be just as busy and before we know it, the end of the school year will be here! I hope you enjoy this month's review

-Mme Val



Spirits are high as we cheer on our favourite hockey team! Go Canucks, go!

Spring

## BOOK COVER CONTEST

The book cover contest is a long-standing tradition at Mitchell Elementary. Firebirds are invited to draw and color the cover of their favourite books amongst the selected list of books from our library. Prizes are awarded for every grade and the artwork is judged by a panel of Mitchell staff members. We encouraged all interested students to participate! Names of winners will be shared in the last review of this school year.







# FIREBIRDS SPIRIT

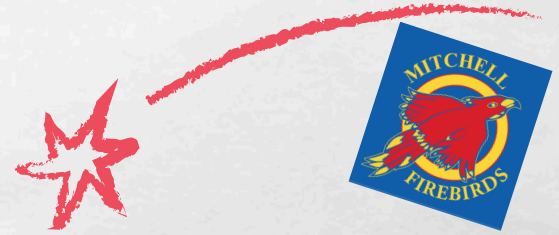
This past month Firebirds explored the value of responsibility! Students engaged in fun activities with their family teams to celebrate this theme.

Thank you to Mr. Genge, Mme Taub and Mme Watson for creating and leading this fun activity!

During the assembly we also celebrated some Super Firebirds who had modeled team work during the previous month. Super Firebirds who received a certificate are: Mia, Elliotte, Valeria, James, Joseph, Jasleen, Reilly and Jhilian.



Congratulations, Super Firebirds!



# EARTH DAY



Every year, on April 22, we celebrate Earth Day. While we should think about how we can help our planet be better every day, Earth Day is a great opportunity to engage in conversations about this topic. Several classes worked on projects for Earth Day. We also had assemblies in the gym where we talked about the meaning of Earth Day and what we can do to make our planet better. During the assemblies, students were asked to write or draw about what they are thankful for that the Earth gives us.







## EQUITY, DIVERSITY AND INCLUSION CORNER

The month of April was **Sikh Heritage month**. Many Firebirds celebrated **Vaisakhi** on April 13. To celebrate, we played some festive music on April 12.

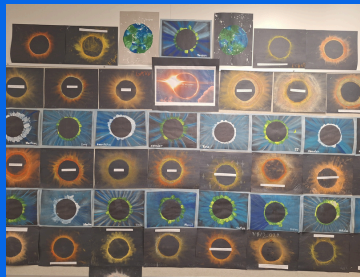


**April 10 was Eid**, also celebrated by many Firebirds. We enjoyed some festive music on that day as well and some students brought treats to share their celebration!

It is such a pleasure growing and learning in this wonderfully rich and diverse community. Learning more about each other's cultures and beliefs helps us understand one another better, builds our empathy and supports our general knowledge of the world around us. What wonderful opportunities we have here at Mitchell!



## SOME APRIL-INSPIRED ART...





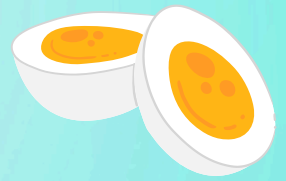
# OUR COMMUNITY FRIDGE

Did you know that, as part of the district's Feeding Futures initiatives, every elementary school has received a glass-front fridge? With the support of the district, we fill this fridge with healthy snacks for students. Our hope is that students who don't have a snack or a lunch can easily grab something to eat, as we all know that learning is much better on a full stomach.

We are often reminding students to only use the fridge on a "needs" basis, as we have noticed that more popular items disappear extremely quickly from the fridge. We encourage you to review the guidelines below with your child.

Students have very much enjoyed the fridge since we started using it after the Spring Break. Snack items in the fridge include:

- Fresh fruit/veggies
- Cheese
- Yogurt
- Eggs
- Snack bars



## MITCHELL COMMUNITY FRIDGE



### Guidelines

#### ONE PERSON AT A TIME!

1. Choose what you want **BEFORE** you open the fridge.
2. Touch **only** what you will eat.
3. Take one item only. You can always come back if you need more.
4. Close the fridge when you are done. Double-check!
5. If you take the last of an item, please let the office know.



### Our Grab and Go Snacks - What Do We Need to be Mindful Of?

#### The TRAFFIC LIGHT



#### RED

Stop Behaviour  
*Not Yet Meeting Expectations*

#### YELLOW

Be Careful Behaviour  
*Approaching Expectations*

#### GREEN

Go Behaviour  
*Meeting Expectations*

- I'd rather have this snack than what I have with me
- I am taking more than what I need
- I don't need to pack a snack because there is one at school

- I didn't eat breakfast
- I forgot my snack
- I dropped or lost my snack
- I'm hungry and a snack will help me learn and feel better
- I need a snack to take home
- I am getting a snack for a friend who needs one