

# Pike Lake School Newsletter



## Dates To Remember:

- May 1-30: 30x30 Challenge
- May 4: 'Growing Smiles' Orders Due
- May 7: "No School" Teacher PD
- May 9: Happy Mother's Day!!
- May 18: Plant Pick-up 3:15-7:00pm
- May 24: "No School" Victoria Day

## Principal's Message

Spring has arrived at Pike Lake School, and with it many opportunities for outdoor learning. We begin the David Suzuki Foundation 30x30 Challenge on May 1st. The challenge is to spend 30 minutes outside each day for 30 days in order to develop a healthy habit of spending time outside, which has benefits for emotional and physical health, concentration and learning. We have also been learning about Indigenous cultural traditions with Randy Morin. Randy has led us in the creation of dream catchers, which involved gathering red willow branches, and learning how to do this in a respectful way. To make our outdoor learning a little more comfortable, and to learn about the importance of recycling we've begun weaving plastic grocery bags into waterproof mats. Thank you to Linda and Brian McKay for inventing a loom specifically for this purpose!

Looking ahead to May and June, we are planning to expand our school garden to include native and medicinal plant beds. Thank you to our SCC for supporting this project. I'd also like to thank Barb Dumanski for organizing a Food Safe course that will allow us to have community members prepare snacks for our school nutrition program, while adhering to our Safe Schools Plan. We look forward to the delicious and nutritious snacks this will bring!

Brian Knowles

### Contact Info:

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## Thank You!

Thanks to the Delisle Arts Council for sharing their Sask Lotteries funds. \$250 was given to Pike Lake School to purchase books for our library. We certainly appreciate the support!



## Reminder

Plant orders for the Growing Smiles fundraiser are due May 4. Delivery will be May 18 for pick up at the school.

To order please go to:

<https://pikelake.growingsmilesfundraising.com/home>

**Q:** Why is the letter 'A' like a flower?

**A:** A bee comes after it!

## Support Our Local Volunteer Fire Department!





The Pike Lake Fire Department are collecting bottles/cans to fundraise for a Water and Ice Rescue Unit. You can drop your cans/bottles off at the drop off bin in front of the Pike Lake Fire Hall. They will be collecting until May 8. We are very lucky to have the fire hall and the volunteer firefighters in our community. Let's support them!

## The Challenge is Back!!!

It's time to fall (back) in love with nature! Join us in taking the One Nature Challenge through the David Suzuki Foundation! For the month of May, we challenge you to spend 30 minutes a day in nature for 30 days to kick-start a nature habit that lasts all year-round. To participate, simply track the date, activity and time spent everyday outdoors. Students will be sent home with a form to help track their activities.

The goal is simple: to reconnect with nature for the sake of our health and mental well-being!

## Outdoor Ideas for the One Nature Challenge:

- Go for a walk, run or bike ride 
- Build a fort outside
- Go on a bug hunt 
- Blow bubbles 
- Read outside
- Look for shapes in the clouds
- How many different birds can you see and hear
- Have a picnic
- Water the plants
- Sing as loud as you can! 

## Happy Mothers Day

to ALL the MOTHERS out there whether you are a Past, Present or Soon To be Moms. May your day be filled with love, joy and laughter..

