

March 24, 2020

Dear Parents, Guardians:

Happy Tuesday!

Alberta Health Services have set up a platform for people to receive positive daily messages to support mental health during this time.

Please text COVID19Hope to the number 393939 to receive these daily messages.

If you would still like to pick up your child's belongings, please contact the school and we can arrange a time.

Get your free library card to access tons of free audio books

<https://reg.calgarylibrary.ca/>

Check out Oxygen and Yoga Fitness at for Daily Fitness & Kids classes at 3:00 pm

<https://oxygenyogaandfitness.com/>

Free beach body classes for kiddos to get them moving!

<https://vimeo.com/channels/1548698/page:1>

Anyone looking for work? <https://www.calgarydropin.ca/>

Haver fun movin and shakin!

“When bad things happen that we can't control, we often focus on the things we can't change. **Focus on what you can control; what can you do to help yourself (or someone else) today?”**

God Bless,

Rhonda Murphy

Principal

Rhonda.murphy@learn.cssd.ab.ca

Jackie Traynor Barker

Assistant Principal

Jacqueline.traynorba@learn.cssd.ab.ca