

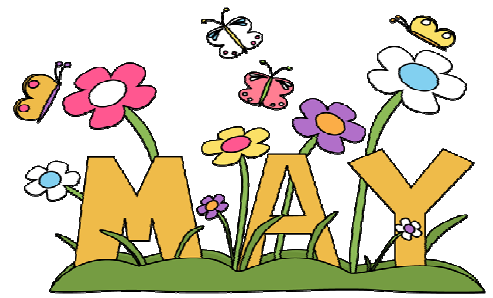
Dear Verdun Families,

May is "healthy living" month at Verdun Elementary! During the whole month of May, students from Kindergarten to Grade 6 will be taking part in the Energy Cubes Challenge! Students and their families are encouraged to engage in physical activities as much as possible at school and at home.

Every 15 minutes of physical activity equals 1 Energy Cube. Each time students ENGAGE in a physical activity WITH one or more member of his/her immediate family, students can add 1 energy cube per participant to their record booklet. Please remember to send in your record booklet every Monday so that teachers can include all of the Energy Cubes collected to V.E.S's total amount.

Also to encourage healthy living, we will be providing a variety of healthy snacks to each student in the school throughout the month.

Sincerely
Sandra Luther
Principal



May Dates to Remember!

- **May 1st** : Energy Cubes Challenge begins!
- **May 5th** : Bake Sale!!!
- **May 5th** : BA Theatre Group to perform for Jr. students
- **May 11th** : Volunteer Tea in the SouthWest Mission
- **May 12th** : Cycle 3 Trip to Ottawa
- **May 15th** – Grade 6 French exam to begin
- **May 19th** : Ped. Day – No classes for students
- **May 22nd** : Holiday – School and Daycare closed
- **May 23rd** : Grade 3 Math exam to begin
- **May 25th** : Governing Board at 5:30 p.m.
- **June 1st** : Portfolio evening for parents



*****Please be reminded that skateboards, scooters etc., cannot be ridden on school grounds.*****