



Monday Maverick

Mon. May 13th – Fri. May 17th

Thank you for your support in using the pull through safely and not using the parking lots to drop off and pick up students.

THIS WEEK...

	Rainbow Week
Mon. May 13 th	○ Grade 6/7 Exploratory Round 6 Begins
Tues. May 14 th	
Wed. May 15 th	○ Dress in rainbow colours for a big group photo on the climber at lunch
Thurs. May 16 th	○ Grade 8 Exploratory Round 6 Ends ○ District Transition Day – Grade 5s to GMS & Grade 8s to go to High Schools
Fri. May 17 th	○ Pro-D Day – No School for Students

Mark Your Calendars...



May 20th – Victoria Day – No School

May 21st – Grade 8 Exploratory Round 7 Begins

May 24th – Drumming – 8:10am; Hot Lunch – Pizza, Mini X

The Fine Arts, Clubs, Athletics Calendar in the Google Drive is updated regularly

['click here for quick access'](#)

Homestay Opportunities

It's that time of year! The Greater Victoria School District's International Student Program is looking for new families interested in joining the vibrant hosting community. With students arriving to attend short term programs in the summer (2-6 week stays) and longer-term programs in the Fall, there are many opportunities to begin hosting.



Host Families provide 3 meals a day along with healthy snacks and a welcoming environment. \$1260 per month is provided as reimbursement for student support (pro-rated for shorter stays.) Orientation and 24/7 support is available from the homestay office.

For more information:

Website: www.studyinvictoria.com/homestay

Phone: 250-592-6871

Email: homestay@sd61.bc.ca

May Mental Health Month 		1 MHM launch PM Advisory Studio	2	3 Move A Thon 
6 Culture Connections Lunch Mini Moccasin rock painting w/ guest Kristi MH WEEK	7 Lunch Games w/Saanich Rec Lawn Games Lunch & Learn w/Need2 What is Stigma?	8	9 T Swift Sing Along w/ Saanich Rec	10 AM Drumming Anti-Stigma Club @ lunch Culture Connections @ lunch - Rock Painting
13 RAINBOW WEEK	14 Lunch Yoga & guided meditation w/Sannich Rec	15	16 Lunch Games w/Saanich Rec Wide Games	17 Pro-D Rest & Restore
20 	21 Lunch Yoga & guided meditation w/Sannich Rec	22 Parent Night Anxiety 101 w/Saanich Neighbourhood House	23 Vision Boards w/Saanich Rec	24 AM Drumming Anti-Stigma Club @ lunch Lahal @ lunch
27 Ask an Expert Student questions with Monique Moore	28 Lunch Yoga & guided meditation w/Sannich Rec	29 Lunch & Learn Unpacking Anxious Feelings w/Saanich Neighbourhood House	30 Lunch Games w/Saanich Rec Circle Games	31 AM Drumming Anti-Stigma Club @ lunch Lahal @ lunch

Mental Health and Wellness Month

We are excited to offer a month of learning and sharing to promote understanding, wellness and to reduce stigma. Students and staff have been working to put together a packed month of presentations, speakers, activities, prizes, give-aways, student driven learning and more! We are proud to partner with Need2, Saanich Neighbourhood House and Saanich Rec.

Thank you to families who came out for our Parent Night with Lisa Baylis. Participants left with strategies to support their wellness and to promote healthy communication with their children.

[Sign up here for our next session](#) – Anxiety 101 – with Saanich Neighbourhood House – see poster below

SAANICH NEIGHBOURHOOD HOUSE PRESENTS

ANXIETY 101

WHAT IS ANXIETY & HOW DO WE
RECOGNIZE IT IN OUR KIDS?

MAY 22
7PM



ANXIOUSNESS VS ANXIETY

- WHAT ARE TYPICAL EMOTIONS AND FEELINGS?
- WHEN DOES IT GO FROM ANXIOUS TO ANXIETY?
- WHAT IS ANXIETY?

HOW CAN PARENTS SUPPORT THEIR CHILD?

- TALKING TO YOUR KIDS ABOUT THEIR MENTAL HEALTH
- STRATEGIES, TOOLS & TIPS FOR TWEENS
- SELF CARE FOR PARENTS
- COMMUNITY AND ONLINE RESOURCES