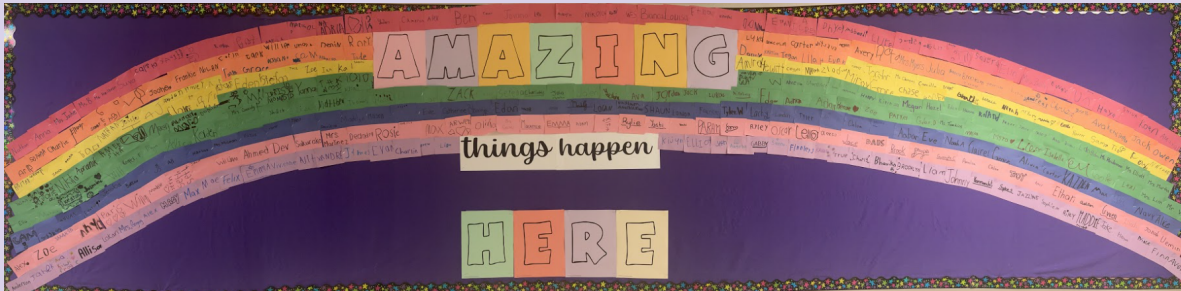


# Lexington's May 2023 Newsletter



## **Important Dates to Remember at Lexington:**

**May 1-7-Mental Health Week**  
**May 3-School Council Virtual Meeting**  
**May 5-Spring Assembly;**  
**May 7-Junior Basketball Stars Tournament**  
**May 9-12-Book Fair**  
**May 12-Dance-A-Thon Picnic (May 15 Rain Date)**  
**May 18-Junior Track and Field (May 19 Rain Date)**  
**May 24-26-Grade 6's at camp**  
**May 24-Kindergarten Museum Trip**  
**May 26-Mismatch Day**

**It's a new day...work hard... be positive... be kind... and be you!**  
**Shine Bright, Lexington Light!**  
**Mindfulness**

### **Principal Message:**

We have had an amazing April and look forward to many exciting events coming in May. Thank you to all families who continue to follow your regular meeting routines with your children and are parking on the street on the side closest to the school to ensure our buses are able to get through and our students remain safe during drop off and pick up times. Many more students are riding their bikes or bringing scooters to school. Please take some time to review bike safety rules with your children to ensure their safe arrival to school and home at the end of the day. Those of you driving in the area at this time of year, please understand that there will be more students on bikes, scooters and walking and it is important to drive with extra caution. Thank you for helping to keep our students safe on and off school property.

### **Mental Health Week-May 1-7**

This week is Mental Health week. Students will be learning about Mental Health and strategies to support their own well-being. CMHA National will shine a spotlight on community-based mental health care champions, programs and communities while showcasing the importance of securing universal mental health care, what it can look like and how mental health care can be expressed and nurtured (ie art,

photos, music, sounds, dance, movement, nature etc). Click [here](#) for more information about Mental Health week.

### **Lexington Scholastic Book Fair-May 8-12**

The Scholastic Book Fair is back at LEX! Students will be able to browse on Monday May 8th and the book fair will be open at breaks from Tuesday May 9-Friday May 12th. The Book Fair will also be open on Tuesday and Thursday evening from 3:45-7PM for families to visit. If you are interested in volunteering during one of the nutrition break time slots from Tuesday-Friday, please email Ms. Brooks ([jennifer\\_c\\_brooks@wrdsb.ca](mailto:jennifer_c_brooks@wrdsb.ca)) and let her know which date(s) work best for you as well as whether you would prefer 1st or 2nd break. Last year's book fair was a huge success, so we are hoping for the same this year!

### **School Council Dance-A-Thon: Picnic Celebration**

Wow! What an amazing community we have at Lexington P.S. Our final total raised from the School Council Dance-A-Thon was \$5199.00. To celebrate, we would like to invite parents to join us for a whole school picnic on Friday, May 12 starting at 1:25 pm. Please bring your own lunch to eat with your child and their classmates. We will NOT be allowing food from families to share with classes due to allergies and dietary restrictions. After we eat outside, we will have an extra long recess as a school, and would like to invite parents to stay and enjoy playing soccer, basketball, 4 square and any other games that may be played. In case of inclement weather, Monday, May 15th will be set aside as our rain date. We look forward to having everyone join us for this picnic celebration!

### **Spring Assembly: May 5-9:30 am**

On May 5th, Lexington P.S. will be having a Spring Assembly. The following classes will be performing: McLean, Martinez, Sonnenberg/Spearn, Myers, Barth, Carter and Brooks. In order to "fit" everyone in the gym, we ask that all families whose child(ren) are performing, to limit the number of people attending the assembly to 2. We will provide a Google Meet link for others to participate in as another option for those that can't make it or just want to watch it for fun!

### **School Council:**

Our next Virtual School Council Meeting is on Wednesday, May 3, 2023 at 6:30 pm. All parents are welcome and encouraged to attend to support a variety of initiatives, provide input and to meet other Lexington Families. If you are interested, please email [lex-schoolcouncil@wrdsb.ca](mailto:lex-schoolcouncil@wrdsb.ca) to add your email to our Google Meet invite. All School Council Meeting Minutes are posted on our Lexington P.S. Website at <https://lex.wrdsb.ca/>.

### **Cereal Drive for the Food Bank of Waterloo Region:**

Congratulations Lexington Families!

Thanks to your generous support we were able to collect an AMAZING 405 boxes of cereal for The Food Bank of Waterloo Region!

But before we sent the cereal off to The Food Bank we had a little fun... The grade one students from Ms. Heideman's class and the grade five students from Mrs. Hill's class worked together and used the boxes of cereal to construct two domino runs. One domino run went down the entire length of the school hallway and the other domino run took up the entire gym and included a giant spiral. IT WAS AWESOME!! The videos of both domino runs will be shown at the Spring Assembly.

### **Character Education: Mindfulness**

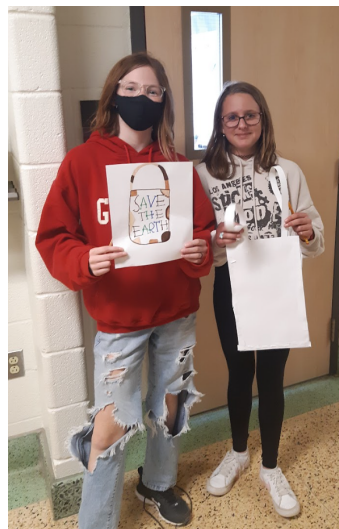
During the months of May and June, students will be learning about Mindfulness. Mindfulness means living in the present moment. It may be what you're feeling, hearing, or anything else you notice. We encourage our students to be mindful, you slow down to take your time. You do one thing at a time. You focus on what you're doing in a calm way. Taking a few minutes to pause, breathe, and be mindful **lowers stress**. It calms your mind and your body. When you feel calm, take your time, and have your mind on what you're doing, it's easier to get things done. And it's easier to do your best. Take some time to try mindfulness activities at home with your child(ren). Here are some ideas to practice: [Mindfulness Activities for Kids](#)



### Kindergarten Earth Activities



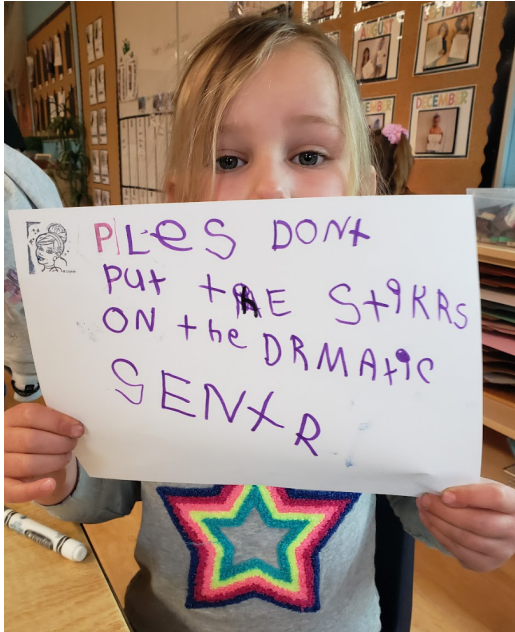
### Grade 1-6 Earth Day Activities



### K2 April Learning







*Mr. Sonnenberg's/Mrs. Spearn's 3A April Learning*

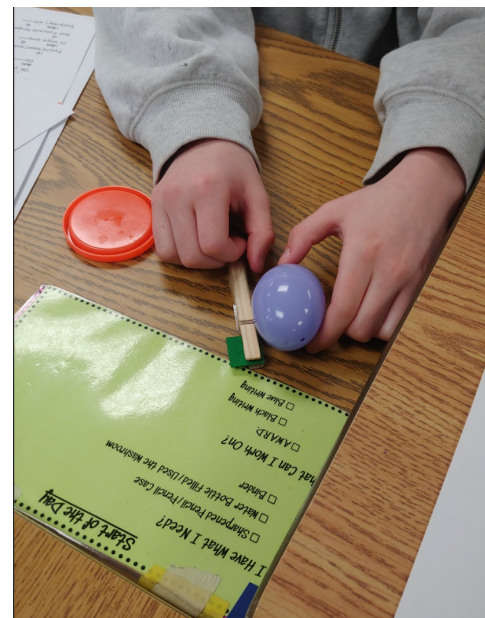
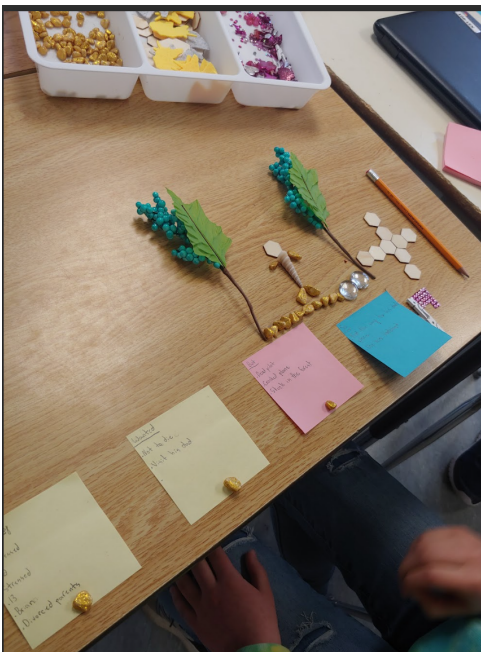


*Mrs. Clemens' 3/4B April Learning*

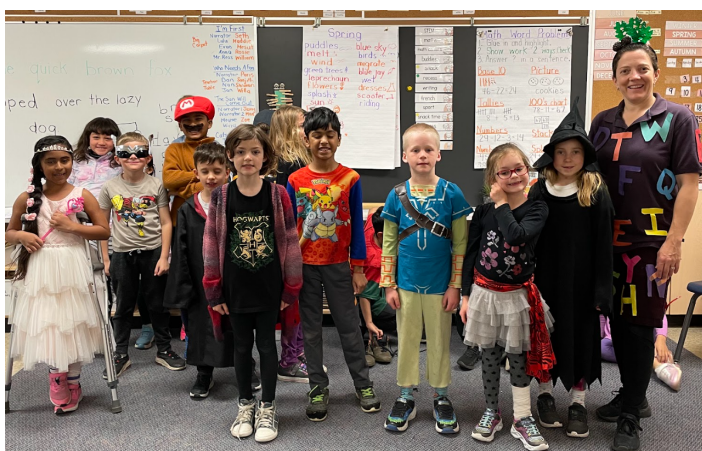
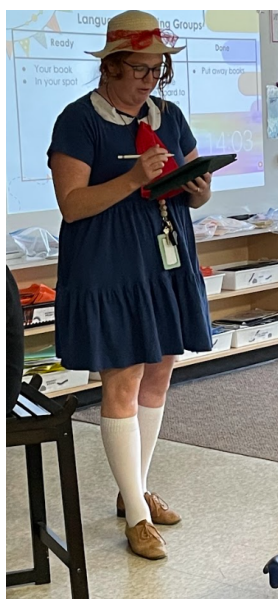




## Mrs. Carter's 6A April Learning



### ***Favourite Book Character Spirit Day***



### May Days of Significance:

Days of Significance are announced each day on our daily announcements. We do our best as a board to be informed of the days that are significant to all our families, with the understanding that we may not be aware of all of the Days of Significance. If there is a special day of significance that your family celebrates or recognizes and it is not listed below, please reach out to let us know at [lex@wrdsb.ca](mailto:lex@wrdsb.ca).

May 2023 Asian and South Asian Heritage Jewish Heritage Month			
Days	Days of Significance	Community	Description
May 1	Beltane	Wiccan/Neo pagan	This is one of the four ancient Celtic Fire festivals and marks the beginning of summer. It celebrates the conjoining of the infinite potential of the Goddess with the life-sparking energy of the God in a sacred marriage, the basis of all creation. Observance begins at sunset of the previous day.
May 2	12th Day of Ridvan*	Baha'i	The 12 <sup>th</sup> Day of Ridvan concludes this important Baha'i festival. Celebrations begin the evening before.
May 5	Dutch Heritage Day	Federal	Canada marks Dutch Heritage Day to honour the sacrifices made by past members of the Canadian armed forces in the liberation of the Netherlands during the Second World War. It is also an opportunity to celebrate the many contributions that generations of Dutch Canadians have made.
May 5	National Day of Awareness for Missing and Murdered Indigenous Women, Girls and Two-Spirit People (MMIWG2S)	First Nations, Métis, Inuit, and non-Indigenous Peoples living in Canada	A day to honour and remember all missing and murdered Indigenous women, girls and 2SLGBTQIA+ people. May 5th is also known as Red Dress Day, to draw attention to missing and murdered Indigenous women, girls and two spirit people and as a call for all Canadians to remember and to take action.
May 17	International Day Against Homophobia, Biphobia and Transphobia	Egale Canada, International	The Day represents an annual landmark to draw the attention of decision makers, the media, the public, opinion leaders and local authorities to the alarming situation faced by lesbian, gay, bisexuals, transgender and intersex people and all those who do not conform to majority sexual and gender norms.
May 18	Ascension Day	Christianity (E)	Ascension Day is the 40th day of Easter. It occurs 39 days after Easter Sunday. It is a Christian holiday that commemorates Jesus Christ's ascension into heaven. Ascension Day marks the 40th day after Jesus Christ's resurrection according to Christian belief. Called Himmelfahrt in Low German.
May 23	Martyrdom of Guru Arjan Dev Sahib	Sikhism	Sikhs remember Guru Arjan Dev Ji for contributing to and compiling Sikh Scriptures.
May 24	Declaration of the Bab*	Baha'i	Declaration of the Bab commemorates the day in 1844 on which he announced his identity as the Bab, or Gate, the herald of the new age. Observance begins at sunset of the previous day.



May 27-28	Shavuot*	Judaism	The celebration of the beginning of the barley harvest in ancient Israel. It also marks the giving of the Ten Commandments to Moses on Mount Sinai. Traditionally observant Jewish people do not work or attend school. Observance begins at sunset of the previous day.
May 28	Pentecost	Christianity (W&E))	Also known as Whitsunday in some Western Churches, Pentecost is the commemoration of the descent of the Holy Spirit upon the disciples of Jesus following his ascension. It comes fifty days after Easter/Pascha. Pinksteren in Low German. Pentecost Sunday, Monday and Tuesday may be observed.
May 28-29	Ascension of Baha'u'llah*	Baha'i	Ascension of Baha'u'llah marks the anniversary of the death of the founder of the Baha'i faith. Baha'is suspend work on this day. Observance begins at sunset of the previous day.
May 30- June 5	National Accessibility Week	National	A week to promote accessibility and inclusion across communities and workplaces and a time to celebrate the contributions of Canadians with disabilities.

***Have a wonderful month of May!***

***B. Tomkins, Principal***