

WHAT'S HAPPENING AT OES?

Skiing



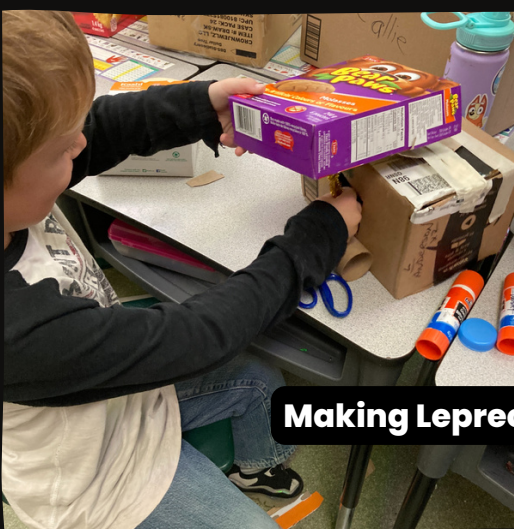
Gr. 2 Learning about Light



Gr. 5 Separating Mixtures



Making Leprechaun Traps



MARCH 18-22

Juice Bar
Gr. 4-7, K2/K3

Juice Bar
Gr. 1-3, K2

Juice Bar
Gr. 4-7, K2/K3

Juice Bar
Gr. 1-3, K2

Dungeons & Dragons 3:30-5



Drama at 12:00pm



Drama at 3:30-5:00

Elderbeary Day!
Elders,
Grandparents
and Anchors are
welcome to join
at 1:00pm

Monday
March 18

Tuesday
March 19

Wednesday
March 20

Thursday
March 21

Friday
March 22

MARCH 22
1 PM TO 3 PM
IN OUR GYM

*Onoway
Elementary is
celebrating
Elderbeary Day!*

1:00-2:15- Elderbeary Tea:

- elders/anchors arrive
- students with an elder attending are called to join them in the gym
- Enjoy tea and cookies, fun and games and great conversations

2:15-2:45- elders/anchors join the student's class and complete an activity



We're hosting a tea to show our students' elders some love and gratitude. Their elders have been rock-solid anchors in the students' lives and have helped their parents raise them. Students will join their elders at our Elderbeary Tea event and thank them for all they've done!



OES Athletics



GRADE 7 HIGHLIGHTS

Huge shout out to all the grade 7 basketball players who participated in the GORD tournament at the High School last weekend. The boys and girls all played amazing! Showed off their skills, sportsmanship and perseverance. There was some strong competition this year and our Colts did an amazing job. Mrs. Moser, Mrs. Young and Mrs. Rowell are so proud of everyone for their determination and grit! The girls battled through some tough teams with a small bench to earn themselves an impressive second place finish. The grade 7 boys took home the banner. Great job everyone!





OES Athletics



GRADE 5 & 6 HIGHLIGHTS

Huge shoutout to the Grade 6 basketball teams who played in Whitecourt yesterday. All of the teams did amazing and showed growth throughout the tournament. Both the boys and girls team brought home the sportsmanship banner. Mrs. Rowell and Mrs. Moser are super proud of all of you for your hard work and dedication. During gym class, Mrs. Moser will have you sign your banner. Great job everyone!



Two of our students made it to the finals at the Butterdome last week. A student in grade 6 placed 5th overall in the 800m race, while a grade 5 student placed 6th in long jump. Congratulations to both of them for their outstanding performances! Way to go!



A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

Address Your Stress

This month, students are learning how to reduce stress through a campaign called Address Your Stress. Here is a summary of the learnings and how you can support your child's health.

It's all about balance

Stress is a normal part of being human. But left unchecked, it can have a negative impact on our lives. Avoiding stressors can help, but this is hardly reasonable. We can't always control the situations or people that surround us, but we can choose how we are going to react.¹



Stress-reducing strategies

Physical and mental health are interconnected. Being aware of the signs of stress, and using effective stress-management strategies have positive health benefits, both physically and mentally.²

Strategies That Work.

Family meals create a chance to talk about what is happening in our daily lives.²

Laughter can improve our memories, creativity, sleep, blood flow, and stress levels.²

Physical activity brings oxygen to different parts of the body, releasing endorphins while distracting us from our worries. Even a 10-minute walk can reduce stress!²

Supportive people in children's lives create a barrier that protects against stress. The more supportive people in their lives, the stronger the barrier.²

What we think leads to how we feel, and how we act. Trying to approach every situation with positive self-talk can decrease stress levels and improve your day.²

Reference:

¹ <http://www.albertahealthservices.ca/>

²

Adapted from: Alberta Health Services *Mental HealthKit – Be Kind to Yourself and Others*

www.appleschools.ca

Join our social community for the latest on our project



BINGO CARD COMING HOME NEXT WEEK!

Mother Day Flower Fundraiser



12 inc Hangin Baske -\$40



Scan to order



14 inc planter -\$45



**\$25.00 gift cards
available**



Orders due by March 31, 2024

Onoway Parents Education Fundraising Association has partnered with BG Greenhouses to coordinate a Mother's Day Fundraiser!

Funds raised will support the School Council and the Onoway Elementary Playground Enhancement Project.

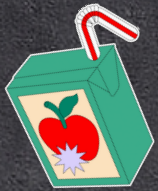
Community helping community!

Flower orders are available for Customer PICKUP ONLY @ BG Greenhouse 1131TWP RD 545, Bilby, Alberta.

Pick up will be May 11 & 12 (Mother's Day weekend)



LOST AND FOUND ITEMS



OES Juice Bar



[Click here to view the Juice Bar slideshow](#)



**children's
charity™**

feeding hungry minds



Volunteer to help with our breakfast program!

CLICK HERE TO SIGN UP FOR THE NEXT FEW WEEKS

Volunteers must have Criminal Record Check on file with OES (Good for 2 years) and annual NGPS Volunteer Form - Email oes@npgs.ca with questions