

Plumas Elementary

March 23, 2023



Mom's Pantry order forms are being send home, this is a Parent Advisory fundraiser, you can do online orders, or the paper orders. All orders are to be placed or back at school by April 10. Thanks for your support.

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thank
you

Thank you to Cynthia T. and her family for the donation of cereal for our breakfast program.



We would like to welcome Mrs. Tawny Kerkowich to Plumas Elementary, she will be joining our team from April to June.

I hope everyone has an enjoyable Spring Break remind everyone that our report cards will be going home as soon as we come back and that we will have Parent/Student/Teacher Conferences on the evening of April 5 and the morning of April 6th. We have some exciting events and activities coming up at school, including the following sports, Badminton, Soccer, and Track & Field. Cultural presentations with Cookem Daisey, and a Musical Artist in the School. It's also important to encourage students to attend school regularly to keep up with their academic progress and

learning. Spring is a great time to focus on growth and development, both academically and personally, and I hope that all students will take advantage of these opportunities to learn and grow.

- Alanna Madsen






REMINDER: May 2,
Lifetouch will be at
PES to do Grade 8
Grad Photo's.

UPCOMING EVENTS

Mar 25—Apr 2—Spring Break
Apr 5 & 6—Tri-Conference Wed evening
and Thursday morning
April 6 & 7—NO SCHOOL
April 10—Mom's Pantry orders due
April 19—Speech Arts Festival in
Gladstone
April 21—NO SCHOOL
April 25—Gr 6—8 Band Festival
April 27—Badminton Divisionals



April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Day 3	4 Day 4 	5 Day 5 Tri- Conferences 4-7:00 pm	6 NO SCHOOL Tri- Conferences 9-11:30 am	7 NO SCHOOL	8
9	10 Day 6	11 Day 1	12 Day 2 	13 Day 3	14 Day 4 	15
16	17 Day 5	18 Day 6	19 Day 1 Speech Festival	20 Day 2 	21 NO SCHOOL	22
23	24 Day 3	25 Day 4 Band Festival 	26 Day 5	27 Day 6 Badminton Divisionals	28 Day 1	29
30						



CLINICIANS CORNER

Self-Care Because you are important!!



What are good self-care tips?

- Get regular exercise. Just 30 minutes of walking every day can help boost your mood and improve your health.
- Eat healthy, regular meals and stay hydrated.
- Make sleep a priority.
- Try a relaxing activity.
- Set goals and priorities.
- Practice gratitude.
- Focus on positivity.
- Stay connected.
- Take a break from screens.
- Enjoy the moment.
- Learn to say yes to new experiences.
- Learn to say no when needed.