

School Council

Thank you for the on-going support of Millgrove's School Council.
Our next School Council Meeting is on Wednesday May 2 at 630 PM in our Learning Commons. Please feel free to join us.

Team up to Clean Up

Team up to Clean Up – Congratulations to all of our students who took part in Team Up to Clean Up. Millgrove students collected 14 kilograms of garbage from around our school.

Sun Safety

May and June are upon us. Please be sun safe. Here are some suggestions for sun safety from the Hamilton Public Health Department.

Here are things that you can do to protect yourself and your family from the sun and harmful UV rays:

- Check the weather forecast for [the daily UV Index](#) every day to plan outdoor activities.
- When the UV index is 3 or higher:
 - Limit time in the direct sun between 11 am and 3 pm when the sun's UV rays are the strongest.
 - Find shade from trees, umbrellas or buildings.
 - Wear hats with wide brims that cover your ears, face and back of the neck.
 - Wear loose-fitting, light weight clothing that covers your arms and legs.
 - Wear close fitting / wraparound sunglasses with UV 400 or 100% UV protection. Anytime of the day all year round.
 - Wear sunglasses that cover the entire eye.
 - Use sunscreen labeled "broad spectrum" and "water-resistant" with a Sun Protective Factor (SPF) of 30 or higher on everybody older than six months of age.