



Queen Mary Cardinal

905-547-0321

May 2019

SPRING FLING

**Thursday, May 9th
5:00-7.00 p.m.**

**Penny Sale Donations
New Items Only Please!**

Bake Sale Donations would be appreciated the day of the Spring Fling! Please be mindful we are a nut and banana free school.

Get your Raffle Tickets while they last.

Please return on our before Wednesday, May 8th any outstanding tickets and stubs to the office for parent council.

PLEASE NO BANANAS OR NUT PRODUCTS

Just a reminder that Queen Mary is a “nut safe and banana safe school.” While we cannot guarantee that the school is “nut free and banana free,” working together we’ll make the school safe for those with allergies.

Bug Busters

Need Help with Head Lice
Visit our Bug Buster Clinics to...

- Get checked for head lice
- Receive free head lice shampoo
- Speak with a Public Health Nurse about head lice

Caregivers must bring their children to be checked to receive treatment. Bus tickets available if needed. Ontario Works (OW) or Ontario Disability Support (ODSP) clients, please bring your drug card with you.

Locations:

Eva Rothwell Centre 460 Wentworth St. N. Hamilton, ON Tues. 3:30-5:30 p.m.	Hamilton East Kiwanis Boys' & Girls' Club 45 Ellis Ave., Hamilton, ON Thurs. 3:30-5:30 p.m.
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Upcoming Dates

Please cut out this calendar and attach to your refrigerator for future reference.

May 2	Grade 3 trip Dundas Valley
May 3	Civics Day
May 9	Grade 3 trip to RBC
May 12	Jump Rope for Heart Assembly
May 13	Cinnabun Pick up
May 17	Twin Day/Food day t.b.a
May 20	Victoria Day
May 23	Kindergarten Orientation - 4:00-5:00 p.m. in Lobby of school
May 27	PAC Meeting 5:30
May 30	Grade 4 Trip Water Festival
May 31	Food day t.b.a

Glendale Secondary School—School Council

Presents

RAISING RESILIENT TEENS

Guest Speaker

Carla LaBella (M.A., CAPP)

Professor of Psychology



TUESDAY, May 7th

Glendale Secondary School

145 Rainbow Drive, Hamilton

(905)560-7343

6:30-8:30

Auditorium

As parents and caregivers, how can we raise resilient teenagers? Your kids will experience many disappointments and challenges in life ... what can YOU do as parents to help them embrace these situations and emotions and ultimately *grow from them?*

Join us in this interactive workshop to learn strategies that will help you raise resilient teenagers that can not only cope, but *thrive*.

AGENDA

6:30-7:00—Storefront displays from our community partners

7:00-8:00—Interactive Workshop

8:00-8:30—Q&A and *Storefront displays

*Community Partners including CAMH, Alternatives for Youth, Hamilton Public Library, Schizophrenia Society, CMHA, Public Health, Kiwanis Boys & Girls Club and more....