



Viscount Montgomery Newsletter

May 7, 2020

Hello Bruins,

We hope that you have been able to go outside to enjoy some of our Spring weather. Hopefully, we will see the temperature increase as we head towards summer.

I am so proud of all the work our staff, students and parents are doing. We appreciate the dedication our parents have towards learning. We have noticed an increase in collaboration with teachers and parents the past few weeks.

Please contact us if you need anything or want to share some "good" news!

Contact Info:

School Phone: 905-544-5670

Ms. Dalley Email: jdalley@hwdsb.on.ca

Mr. McLean Email: jmclean@hwdsb.on.ca

Kindergarten Registration

We are still taking Kindergarten registration for the 2020/2021 school year. If you have a child or know of a child that will be starting kindergarten next year, please have them register using this link. <https://www.hwdsb.on.ca/blog/reminder-kindergarten-registration-continues/>

Stay Healthy and Fit

Mr. Dodds has put together some Fitness Challenges for us to try. I have attached the challenge to this newsletter. This is a great activity to do as a family. I know my family will be participating!

Follow us on Twitter @Viscount_HWDSB

Spirit Days

Go Bruins! Way to show your spirit! We love seeing all those smiling faces. This Friday activity is just not for students but parents and families as well. Please take picture of you and your family on Spirit Days and send them to your teacher or post them on Twitter. Make sure you tag Viscount in your Post.

May 8th: Summer/Beach Day

May 15th: Backwards Day

May 22nd: Funky Hair Day

May 29th: Animated Character Shirt Day

Mental Health and Well-Being

Please make sure you are taking care of yourself and that your children are doing the same. HWDSB has listed some support resources on their website.

<https://www.hwdsb.on.ca/secondary/supports/mental-health-and-well-being/>



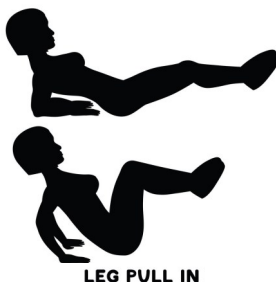
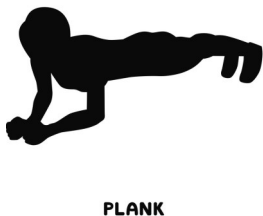
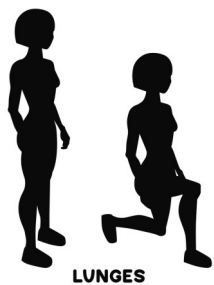
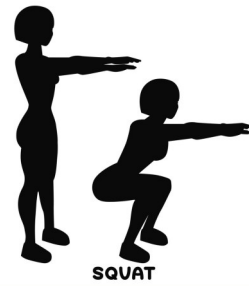
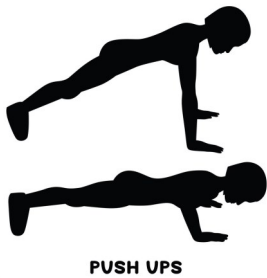
FITNESS CHALLENGE



Each day has a set of 4 exercises. Repeat the set 3 times.
Give yourself a minute rest between sets. Have fun and work hard!

Week 2: May 11–15

Monday	Tuesday	Wednesday	Thursday	Friday
35 Jumping jacks	25 Butt kicks	35 Jumping jacks	12 Squat jumps	35 Jumping jacks
8 Push ups	50 sec. Plank	9 Push ups	50 sec. Plank	10 Push ups
14 Sit ups	40 sec. Side plank on each side	12 Leg pull in	40 sec. Side plank on each side	15 Sit ups
14 Squats	7 Lunges each leg	15 Squats	8 Lunges each leg	16 Squats



Your goal is to do your best. If you feel you need to stop, then stop..

If you want to push yourself you can always add more repetitions.



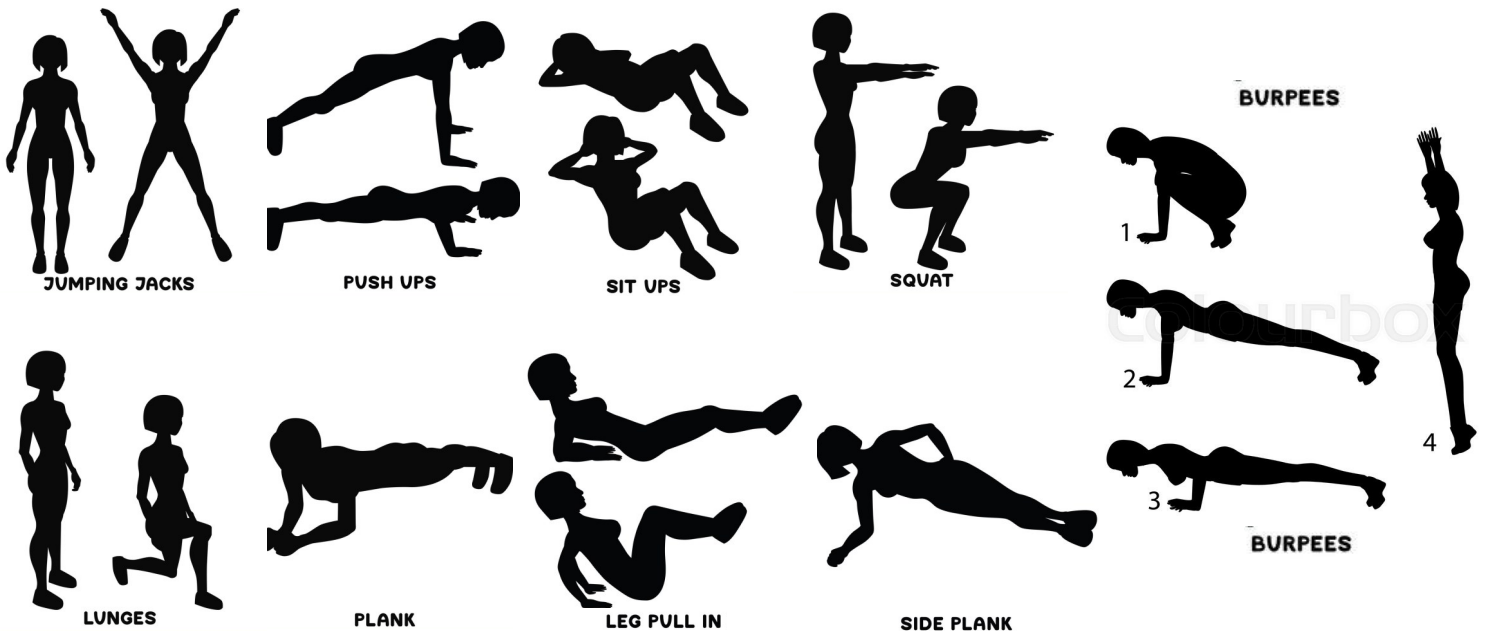
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Week 3: May 18—22

Monday	Tuesday	Wednesday	Thursday	Friday
10 Burpees	40 Jumping jacks	12 Burpees	40 Jumping jacks	14 Burpees
10 Push ups	60 sec. Plank	10 Push ups	60 sec. Plank	10 Push ups
15 Sit ups	45 sec. Side plank on each side	15 Leg pull in	50 sec. Side plank on each side	15 Sit ups
15 Squats	10 Lunges each leg	15 Squats	10 Lunges each leg	15 Squats



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