

# Westwood Weekly

École Westwood Elementary  
Home of the Wolves  
April 30, 2026– Issue 31



## Upcoming Calendar Dates

- Friday May 1 – After school freezie sale – support Gr 5 Leaving Committee
- Friday May 8 – PAC Treat Bags
- Tuesday May 12 – PAC Hot Lunch
- Thursday May 14 – Emergency Release – 2 pm
- Friday May 15 – School Based Pro-d – School not in session

### **SD 43 Emergency Release**

On Thursday, May 14, 2026, all schools in SD43 will take part in an emergency release drill. All students will be released at 2:00 p.m. This drill is to practice what we would do if there were a real emergency, such as an earthquake.

**More details to come closer to the date, please mark this important date on your calendar!**

## École Westwood Elementary PAC

Please join The Westwood Parent Advisory Council (PAC).

The next general meeting is Tuesday, May 12<sup>th</sup> at 7pm in the library.

PAC e-mail: [westwoodpachub@gmail.com](mailto:westwoodpachub@gmail.com)

## KIND MIND Program – May

Kind Mind Month is designed to engage students, educators, and parents/caregivers in meaningful conversations about mental well-being, reduce stigma, build resilience and amplify the awareness about resources available to families BEFORE your child enters the trickier years of high school.

### Why is this program important?

Research shows that kids who are able to identify what they're feeling:

- Display fewer behaviour problems
- Are more empathetic and supportive of others
- Develop healthy coping skills and resilience
  - Have a positive self-image
- Have positive and stable relationships with others

### What creates mental health resilience?

- Sense of belonging and connection
  - Ability to identify feelings
- Turning to healthy coping strategies
- Having someone they feel safe talking to
- Understanding it's ok to talk about mental health

### Parent/Caregiver role

Each week, your child's teacher will show a **Kind Mind Video** introducing a short challenge to do together at home. Complete the challenge with your child (reading aloud if needed) and sign the workbook. Practicing together helps your child bounce back from tough moments, make thoughtful choices, and share what they've learned. Each challenge takes **less than 5 minutes**, and completed challenges enter your child for a **class prize!** At the end of the month, please fill out our **feedback form** on the website, where you'll also find extra kindness activities and resources.

Thank you so much for your participation in our Kind Mind Program! Find more info at [www.thekeltyfoundation.org/kindmindchallenge](http://www.thekeltyfoundation.org/kindmindchallenge)