



Principal's Message

Mark your calendar!

Important Dates

- May 24: Victoria Day (No School)
- May 27: Report Cards
- May 28: Day 2
- June 4: Pro D Day No School
- June 11: Day 1
- June 18: Day 2
- **June 18: Last day of regular classes**
- June 21-24: I Plan Days
- June 23: Report Cards
- June 25: Admin Day No School

As the weather gets warmer and we are still dealing with the stresses of the Pandemic I believe the following message is important. Be sure to take time to prioritize yourself. This is important for the staff and students of ESS as well as the parents.

Mindful Nature

Mindfulness is paying attention to our thoughts on purpose. Ask yourself: What am I thinking about right now? Take time to listen and observe your thoughts. Set the intention that you are going to take part in a mindful walk outside. Start by standing still (yoga mountain pose). Feel your feet firmly on the ground and create a strong back with an open heart, facing forward. Take your first step into nature, paying specific attention to your foot making contact with the earth and your breath flowing naturally in and out. Continue this way, paying attention to your body and everything around you.

Adam Brady states being in nature serves us six ways:

It connects you more deeply with the environment.

It gets you out of your head.

It helps you get to know your body.

It slows you down.

It increases your intentionality and awareness.

It makes space for mindfulness.



From: *Calm Within the Storm*, Dr. Robyne Hanley-Dafoe



No student should be absent from the school unless the parent has notified the school of this absence. This includes leaving at lunch. If a student is not going to return after lunch, parents should notify the school of this absence.

You can call the school at **250-865-4674**, use the **SchoolMessenger** app, or email the school at ess.mailing@sd5.bc.ca to report any absence.

ESS Flower Fundraiser

Our ESS Flower Fundraiser was a huge success! We raised almost **\$500** for Student Council. Thank you to the grade 11 Life Science class for re-potting all of the flowers into the pots that the Grade 7's painted with the help of practicum students Makayla and Karlie. Thank you to everyone who came out and made purchases!



Life Sciences 11

Life Sciences 11 students showcased their understanding of a cell's structure and its organelles through some awesome visual representations. Great work!



Parents - advance request

If you are shopping for your child and wondering what kind of calculator to get, this is the one! Easily available through Amazon and not expensive, these are perfect for all grades. And yes, calculators NOT cell phones, are required. To purchase scan the QR code below.

Thanks,
from the
Math/Science
department



(Casio FX-991MS)

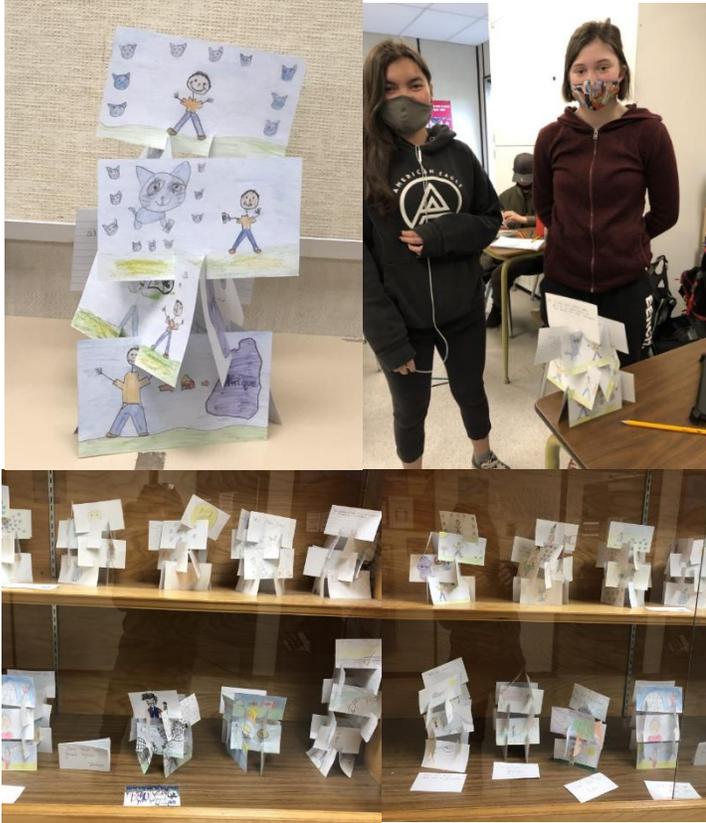
Elkford Secondary School
2500 B Balmer Dr.,
PO Box 910, Elkford, BC V0B 1H0
Phone: 250-865-4674 Fax: 250-865-2915
Website: <http://www.sd5.bc.ca/school/ess>
Michael Kelly, Principal
Ian Jarrell, Vice Principal



Vaping or Smoking is Prohibited on all school property. If any student requires support with quitting, please see the School Counselor for assistance.

French 8/9

We built awesome story towers. The students wrote the story on the inside walls and drew the story on the outside wall.



Careers 8

practicing team building, with 20 spaghetti sticks, 20 marshmallows and directions changing along the way, they worked at building the tallest and sturdiest tower. At times, students had to build without speaking or with their eyes closed.



AB ED Corner

Elkford Secondary now has a circle of sitting stones. This new circle of rocks will provide a safe outdoor learning space for students. We will be adding greenery to the space to continue to create a sense of belonging and connectedness.

Ktunaxa words of the Month:

Ki?su?k wi?nam, means: Good morning

ki?su?k kyukyit, means: Good afternoon





Gr 8/9 Board Games

Thursday at lunch
Room #152

All grade 8/9s welcome.
Bring your lunch



RISE TO THE SUMMIT

'Celtic Character Award' celebrates the culture of ESS, while supporting students in developing the character it takes to be successful and happy individuals at school and in the world.

RESPECT - ha#kaxuma#ti#

INTEGRITY - #makki

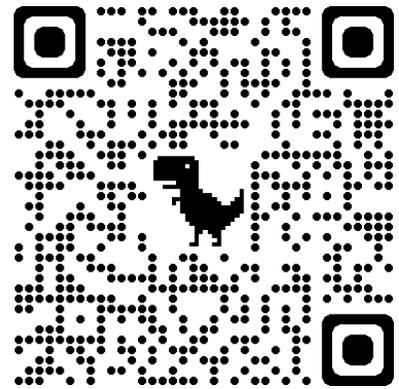
STRENGTH - #makqa

EMPATHY - haki#wi#ki#in



Made with PosterMyWall.com

To learn more about this program please check out the QR Code below:




**Rise Awards
Winners**

Riley Murray – RESPECT
Seth Cherney – RESPECT

Card Draw

Abigail Talbot – INTEGRITY
Vanessa Shinnars – RESPECT

Lasting Memories

Yearbooks have made their way back to Elkford Secondary! Ms. Wurmlinger's Senior Media Design class has been hard at work designing a yearbook for this school year. Yearbooks are wonderful sets of memories that can be cherished forever! Especially during years like this one that are filled with uncertainty, it is nice to look back and think of all the fun we still managed to have! To order a yearbook, you can use this link-

<https://ybpay.lifetouch.ca/> and enter the code 14292921

or contact Ms. Wurmlinger @ shelby.wurmlinger@sd5.bc.ca.

Thank you in advance for your support in having yearbooks at our school!



Foods 10, 11, 12

We have been learning about yeast breads and made several types of bread in the recent kitchen labs. Bagels, dinner rolls, bannock, and tortilla went well with dishes such as taco, soups and various kinds of sandwiches. Students also baked and decorated cupcakes for an in-class baking contest. – Mrs. Wenda



Shop Corner

Special thanks to Rayco Steel for a metal donation to the Gr.10-11-12 Metals class and a special thanks to Fernie Home Hardware for the donation of 6 tape measures to the Gr. 10-11-12 Woods class. Also New Dawn developments for construction materials.



Outdoor Leadership

The class demonstrated strong teamwork while building their creative forts. They did a fantastic job at painting rocks and displaying them in the community. Mr. Kelly joined in on the last day of class to lead the students through a team-building challenge. Awesome work Grade 7s!

