



## ICES Weekly Update

### May 5, 2025



#### THIS WEEK

**May 7** – Hats on for Mental Health

#### RUNNING CLUB

This year, during the month of May we are having a very informal run club. We are excited to offer this opportunity to further promote daily physical activity in our school, to enjoy the fresh air and meet new friends. Students may set a goal of 1-4 laps each noon recess (Monday to Thursday only). Every two laps equal one kilometre. Students may just run for fun or if they set some goals, they may want to track their own progress.

Starting day will be Monday, May 5 starting with a short meeting at 11:30 before a first lap all together!

Thank you for your continued support, Mrs. Middel & Mr. Greeno

#### CHRISTIAN EDUCATION WEEK

**May 12 – 16**

**Monday, May 12** – Chapel at ICSS in the large gym at 10:00

**Tuesday, May 13** – Grandparents & Grandfriends Open House – 12:30 – 2:00

**Thursday, May 15** - Community BBQ – 5:30 – 7:00

**Friday, May 16** – Spring Carnival – afternoon – proceeds going to Edu Deo Ministries

#### Christian Ed Week Community

**BBQ:** Please join us for a free family BBQ to wrap up Christian Education Week! The BBQ will take place on Thursday, May 15, from 5:30 - 7:00 at ICES, weather permitting. *Please bring your own chairs/picnic blankets - see you then!*

#### LOOKING AHEAD

**May 12** – Combined chapel with ICSS – 10:00

**May 13** – Grandparents & Grandfriends Open House

**May 14** – Chapel @ 12:30  
*Early Dismissal @ 2:00*

**May 15** – Society BBQ

**May 16** – Spring Carnival

**May 19** – **Victoria Day** – No school

**May 20** – **PL Day** – No school

**May 21** – **School Council Town Hall Meeting @ 7:00 pm in the Wellness Space**

#### HATS ON FOR MENTAL HEALTH

**Wednesday**

Students are invited to wear a hat to raise awareness of the importance of good mental health. There will also be guided activities on understanding mental health and reducing the stigma associated with mental illness.

#### SCHOOL COUNCIL TOWN HALL MEETING

**Wednesday, May 21 – 7:00**

**ICES Wellness Space**

*\*Please see the attached agenda.*