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June 4, 2021

Important Dates

June 9 - Grade 4 Virtual Orientation with our Grade 5's
June 10 - Emotional Coaching Virtual Presentation
June 21 - Grade 8 Activity Day
June 21 - Dress Your Best Day
June 22 - Tacky Tourist Day
June 23 - Sports Fan Day
June 23 - Grade 8 Empire Expo Exhibition
June 24 - House Colours Day - Amazing Race/St. Jean Baptiste Day
June 25 - Hat Day
June 25 - Virtual Awards Ceremony
June 25 - Digital Report Cards

What's Happening at SMS

The amazing Springbank Community really pulled together this week when they collected and donated their bottles for 4Ocean! Through this organization and school activities, we focused on how we can help rid the world's oceans and waterways of micro and single use plastics. 3566 bottles were donated on Wednesday as part of our House Challenge and ongoing bottle drive!! The House Team results are as follows:

Grade 5 - Team Fire
Grade 6 - Team Wind
Grade 7 - Team Water
Grade 8 - Team Rock.

In addition, 4 students from each grade also won a 4Ocean bracelet in their House colours. Each bracelet represents 1 pound of plastic removed from the ocean and is made from recycled plastic pulled from the ocean.



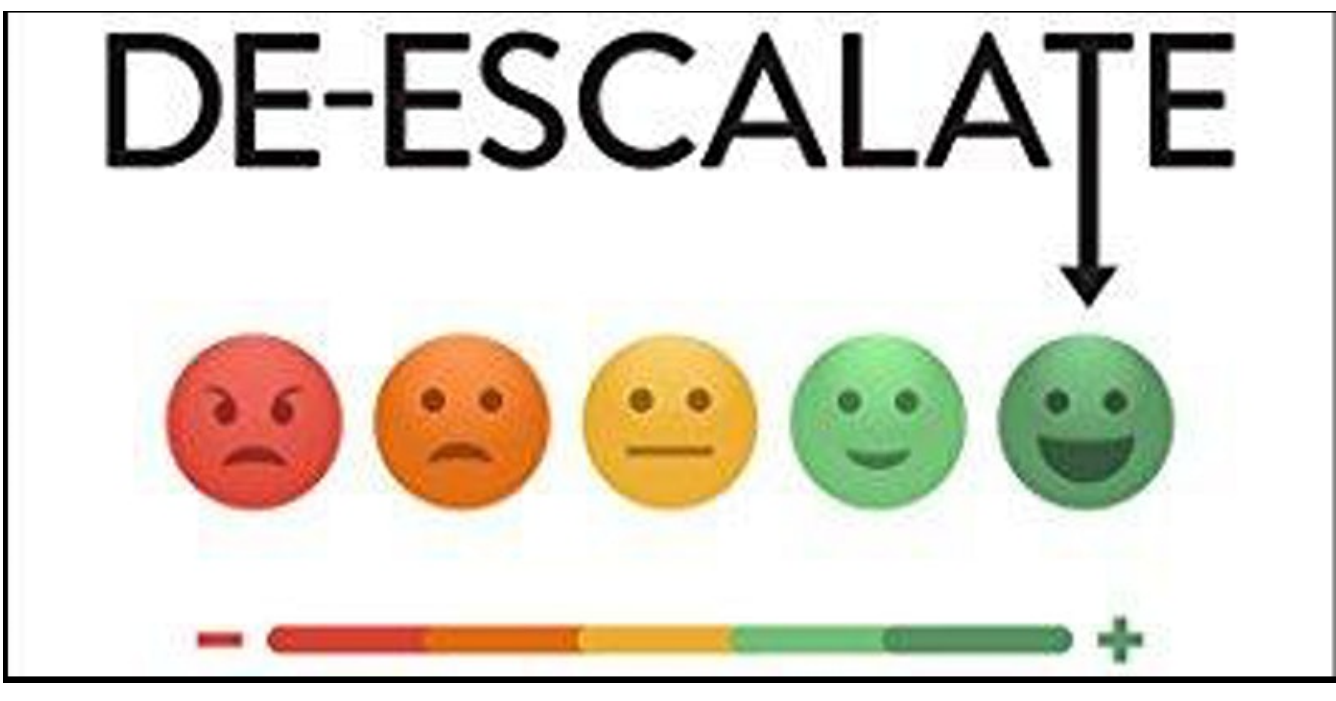
Way to go Springbank!!

Virtual Awards Ceremony

On the morning of June 21st, we will be holding a virtual awards ceremony. Students will remain in their classes and awards will be given out by their teachers. All grades will participate and the ceremony will be open for parents to view (similar to Remembrance Day). A link will be sent at a later date. The following awards will be given:

- Grades 7 and 8 Honours
- Grades 7 and 8 Honours with Distinction
- Grades 5 - 8 Phys Ed.
- Grades 5 - 8 Art
- Band
- Care Awards

Emotional Coaching Virtual Presentation

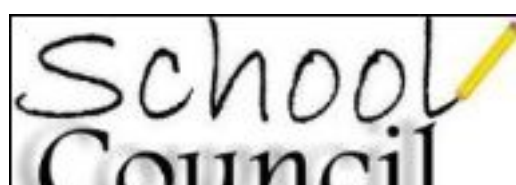


In collaboration with Springbank High School and Elbow Valley Elementary, guest speaker, Sue Huff will be holding a virtual presentation on Emotional Coaching on **Thursday, June 10th from 7:00 P.M. to 9:00 P.M.** This presentation will teach parents (and staff) a simple and effective approach to successfully de-escalate intense emotions in others.

Sue Huff has been offering workshops on this form of emotional de-escalation for a wide variety of audiences since 2019. As a parent, Sue credits emotion coaching as the single most effective and transformative tool she had to support her daughter's recovery from Anorexia Nervosa. For more information on Ms. Huff and the workshop please visit <https://www.suehuff.ca/>

Please go to the following website for more detailed information about the presentation and to purchase tickets.

<https://www.eventbrite.ca/e/emotional-coaching-sue-huff-tickets-153894981031?aff=ebdssbonlinesearch>



We would like to extend our thanks to everyone who attended our AGM on June 2nd and especially to those who have taken on positions for next year.

The following positions will make up our School Council Executive for the 2021-2022 year:

Co-Chairs - Arlene Abboud & Amal Jomaa
Vice-Chair - Vacant
Secretary - Monica Webster
Treasurer - Karin Hunter

Below are our Representative positions:

Athletics - Chelanne Murphy
Band - Leanne Vieweger
Canadian Parents for French - Stephanie Rosenbaum
Fundraising - Vacant
Fun Lunches - Lee-Ann Tai
Grade 8 Farewell - Vacant
Halloween - Vacant
Learning Commons - Monica Webster
Spirit Day - Arlene Abboud/Monica Webster
Spreagle Store - Lee-Ann Tai
Yearbook - Vacant
Volunteer Coordinator - Paul Gough
Grant Writer - Ginette Quintilio

If you are interested in filling any of the still-vacant positions or have any questions please email SMS_Volunteers@outlook.com

Arlene Abboud & Amal Jomaa
On behalf of the SMS Council

FRIENDS OF SPRINGBANK MIDDLE SCHOOL SOCIETY (FOSMSS)

Did you know? Donations can be made directly to the school. Please select Springbank Middle under the Fund dropdown menu:

<https://www.canadahelps.org/en/charities/rocky-view-schools/>

FLIPGIVE!

FlipGive fundraising campaign:

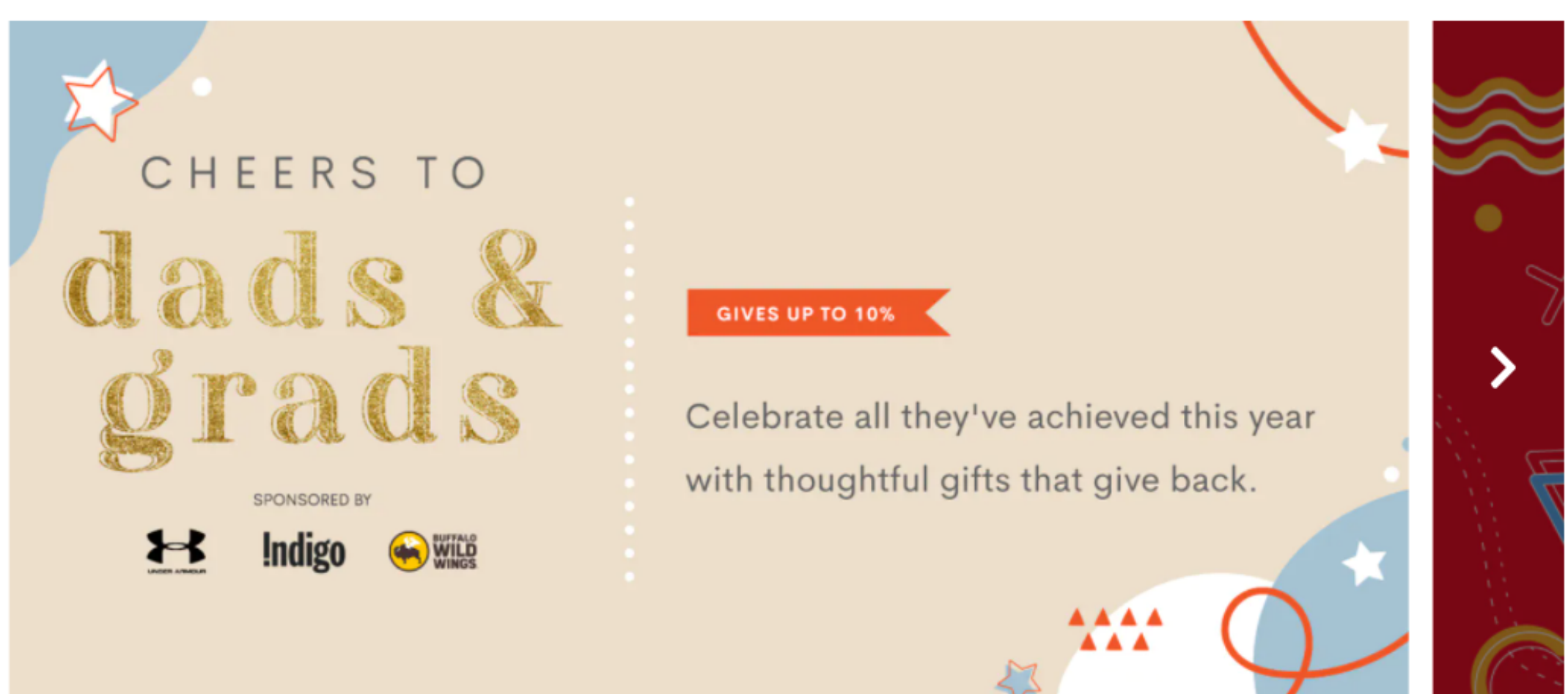
Shop using the app or website. Hundreds of vendors e.g. Safeway, Sobey's, Sportcheck, Indigo, Sephora, Tim Horton's. All you need to do is create an account and start shopping!

Join today by clicking on the following link:

[https://flipgive.app/link/teams/join?](https://flipgive.app/link/teams/join?fundraiser_name=Springbank+Middle+School+&joincode=7V9M2M)

[fundraiser_name=Springbank+Middle+School+&joincode=7V9M2M](https://flipgive.app/link/teams/join?fundraiser_name=Springbank+Middle+School+&joincode=7V9M2M)

If you're prompted for a "Join Code" please enter this code: **7V9M2M**



Springbank High School Raffle Early Bird Draw

Please go to the following link for information on the Springbank High School raffle early bird draw.

<https://fb.me/e/O742MHju>

**Alberta Health Services
Community Education Service**

Please click on the following link for a list of upcoming, free webinars offered by AHS, Community Education Service.

<https://community.hmhc.ca/sessions/?p=online>



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