

McADAM ELEMENTARY SCHOOL

MONTH: MAY 2026

Manners Excellence Safety



Hopefully, we will begin to see May flowers soon, as we have certainly had our share of April showers! Please remember to have your child dressed for the changing weather. Hats, sunscreen, and bug spray are strongly encouraged as we spend more time learning and playing outdoors.

As part of our **Joyful Movement Challenge**, Kindergarten to Grade 2 students participated in the “**Dash to 5 km**” challenge. Students ran throughout the week, logging their kilometres. Many have already reached the 5 km goal, and some have even surpassed 10 km 😊

Students in Grades 3–5 are taking part in the “**Spring into 42 km**” challenge. They are running laps around the school with the goal of completing a full marathon distance of 42 km. While no students have reached the full distance just yet, several are getting very close. We are hopeful that by our next assembly we will have students to celebrate!

In April, Mrs. Gaynor and Ms. McIntosh worked with classes on lessons focused on **honesty**. Each class selected a student who demonstrated this important character trait and was recognized with a certificate. For the month of May, our focus will be on developing a **growth mindset**. Students will be encouraged to use phrases such as “*I’ll try*” and “*I can*” instead of “*I can’t*.” We appreciate your continued support in reinforcing this positive mindset at home.

Track & Field Day



MES Track & Field Day is on Thursday, May 14th. We will be outside doing various Track & Field events. For the grade 3-5s, the top students may be picked to represent MES at the district finals on Friday, May 29th.

Kindergarten Orientation Day

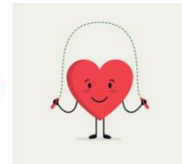


We will welcome the 2020-27 Kindergarten students to MES on Friday, May 29th. This year the day will be done a little differently. On that day, our current Ks will stay home for the day. The new Ks will come to school from 1:15 to 1:45. Parents/guardians are invited to a Kindergarten information session while the students are enjoying their time in the classroom. If you haven’t registered your child for kindergarten next year, please give the school a call. We don’t want to miss anyone!

Jump Rope for Heart



We held our **Jump Rope for Heart** event on April 24th. Despite the cold weather and a bit of snow, the students jumped with great energy. It was a wonderful day supporting a great cause. Please return pledge envelopes by **Monday, May 4th**. All funds raised support the **Heart & Stroke Foundation**, and there are great prizes at various reward levels.



Heart Healthy School

We have the last two Heart Healthy School Challenges this month. The Fruits & Veggie Challenge will take place May 4-8 and the Water Challenge will take place May 12-15. Our goal is to learn to be heart healthy and do activities to keep our mind, body and heart healthy. These challenges are a fun way to have the kids learn to be active and healthy.



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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1 No School for students NBTA Meetings	2
3	4 Jump Rope for Heart \$ is due Star Wars Day	5 Nuggets Lunch K/1 Basketball 5:15-6:30pm	6 Muffin Day Subs Lunch	7 Pizza Lunch K/1 Basketball 5:15-6:30pm	8	9
Heart Healthy Schools Challenge Fruits & Veggies Challenge May 4-8						
10 	11 No School for Students NBTA Meetings	12 Nuggets Lunch PSSC/Home & School Meeting at 4:45 K/1 Basketball 5:15-6:30pm	13 Smoothie Day Subs Lunch	14 MES Track & Field Day Pizza Lunch K/1 Basketball 5:15-6:30pm	15 UNBounds Presentation	16
Heart Healthy Schools Challenge Water Challenge May 12-15						
17	18 NO SCHOOL 	19 Nuggets Lunch K/1 Basketball 5:15-6:30pm	20 Eggs for Breakfast Subs Lunch	21 Fill Up the Truck Thursday Pizza Lunch K/1 Basketball 5:15-6:30pm	22	23
24/31	25 Village Recycling Day 	26 Nuggets Lunch K/1 Basketball 5:15-6:30pm	27 Muffin Day Subs Lunch	28 Pizza Lunch K/1 Basketball 5:15-6:30pm	29 2026 K Orientation Day District Track & Field Day	30

UPCOMING EVENTS:

June 1 – Say Something Nice Day
 June 5 - World Environment Day
 June 18 – International Picnic Day

June 20 - World Refugee Day
 June 21 – National Indigenous Day
 June 27 - Canadian Multicultural Day
 June 19 - Last Day Of School