



# WILDCAT TRACKS NEWSLETTER



## What's Happening from Mrs. Bodnarchuk:

April Showers Bring May Flowers!



We are receiving a mix of weather. Please ensure students are dressed appropriately for playing outside at recess. Sending extra socks or mitts is helpful.

This month, we will celebrate the "International Day of Pink" on Wednesday, April 10th. The Day of Pink is a day that we raise awareness about fairness and appreciate our differences. All staff and students will be provided a J.W. Walker Pink Shirt.

J.W. Walker celebrates kindness with a monthly draw where students are recognized for being caught doing random acts of kindness (R.A.O.K.). Congratulations Kendall and Lakelyn who are the latest winners!



**THANK YOU TO FRISBEE  
ROB FOR SHOWING OUR  
STUDENTS FUN WITH  
FRISBEES!**

### Character in Action

April is Fairness Month

Fairness is being consistent.

Fairness is listening and being open.

Fairness is being careful in making

judgments about others. Fairness is

treating people equally and

equitably.

Fairness is following procedures.

### Easter Cookie Decorating



April 2nd – World Autism Day  
April 8th – Metis Dancing & Solar Eclipse  
April 10th – PINK Day, Assembly at 9:30 AM  
April 17th - French Drama Festival Performance  
April 18th - Anishinaabemowin Festival Performance  
April 19th – PD Day, No School  
April 23rd – School Council Meeting  
April 25th - Quest For Knowledge

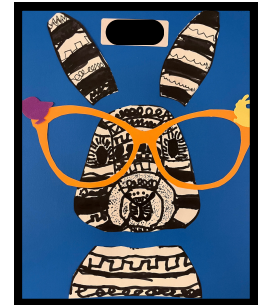
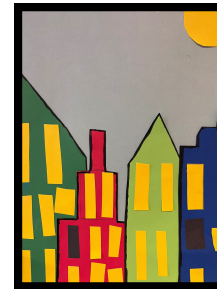


## EVENT REMINDER

**“Together, we empower all students to believe in themselves, to achieve, and to dream.”**

# WILDCAT TRACKS

## WILDCAT ARTWORK



## Mental Health Memo

### Healthy Eating Habits Can Help Mental Health

As a parent/caregiver, you have the power to decide how your child eats and be a role model for healthy behaviours and attitudes around eating, body image, and lifestyle choices. The following are healthy habits that can serve as a foundation in lifelong health for your child:

- Children need regular servings of a variety of whole foods whenever possible
- Prepare meals together to teach them valuable cooking skills
- Eat together as a family when you can to increase self-esteem and connectedness
- Role model positive body image attitudes and behaviours around healthy eating
- Consult a doctor if you have concerns with your child's behaviours and attitudes around eating and eating and body image

Schools within the Rainy River District participate in a variety of nutrition programs to help students to fully participate in their learning and the board has a Student Nutrition and Support Coordinator to enhance student nutrition and healthy living resources. Ask at your child's school about the breakfast, lunch, and snack programs; Nutrition on Weekends (NOW); You're the Chef; and any other ways they can help support healthy eating habits.

See the article from SickKids to learn more: <https://www.aboutkidshealth.ca/Article?contentid=639&language=English>

For more information, please contact the RRDSB Mental Health Leader: [tracey.idle@rrdsb.com](mailto:tracey.idle@rrdsb.com)