



COOTES PARADISE WEEKLY UPDATE



Monday, May 25th	Tuesday May 26th	Wednesday, May 27th	Thursday, May 28th	Friday May 29th
	-Start of Eid Al-Adha	-Pizza Day		
Monday, June 1st	Tuesday, June 2nd	Wednesday, June 3rd	Thursday, June 4th	Friday, June 5th
		-Pizza Day		PA Day No School.

UPCOMING DATES:

- Pizza Day- June 3 is the make-up day due to school closure on Wednesday February 18

Letter From Admin

Dear Cootes Paradise Families,

I hope everyone is enjoying the beautiful spring weather! It's hard to believe that we are approaching the final stretch of the school year—there is now only about one month left. Time has truly flown by!

As we head into our last week before the final push, we want to remind everyone that there is still a great deal of important learning taking place in the classroom. Students are continuing to build their skills and understanding as we prepare for the Term 2 report cards, so it is essential that they stay focused, engaged, and ready to do their best each day.

A few important reminders:

- Please help your child come to school ready to learn each day—well-rested, on time, and with all necessary materials.
- We ask that personal items such as Pokémon cards, jewelry, toys, and collectibles remain at home, as these can become distractions and sometimes get lost or damaged.
- As the weather warms up, please ensure your child comes dressed appropriately and brings a water bottle each day.

We are proud of the progress students have made and look forward to a strong, focused finish to the year!

Thank you for your continued support.

Warm regards,

J. Hogan and J. Corbin- Harper



OFFICE UPDATES

LOST AND FOUND REMINDER

Our school's Lost and Found continues to grow each day with many unclaimed items. We encourage families to remind their children to regularly check the Lost and Found for any missing belongings. Items that remain unclaimed for an extended period of time will be donated or discarded. To help ensure lost items are returned, please consider labeling your child's belongings whenever possible. Thank you for your support in helping us keep our Lost and Found manageable!

KEEPING PERSONAL ITEMS AT HOME

We kindly ask for your support in reminding students to leave personal items from home—such as stuffed toys, Pokémon cards, and similar belongings—at home. While these items can be special to students, they often become a distraction during the school day. Please note that the school cannot take responsibility for any personal belongings that may be lost, misplaced, or damaged. To help prevent disappointment and unnecessary concerns, we strongly encourage students not to bring these items to school. Thank you for your understanding and for helping us maintain a focused, safe, and positive learning environment.

WATER BOTTLES

As the weather gets warmer, we would like to remind families of the importance of students bringing a reusable water bottle to school each day. Staying well hydrated supports students' health, comfort, and ability to stay focused throughout the day. When students do not have a water bottle with them, they often need to leave the classroom to use the water fountains, which can interrupt their learning as well as the flow of instruction for others. Having a water bottle readily available helps reduce these disruptions and keeps learning running smoothly.

Please ensure your child brings a labeled, refillable water bottle to school each day.

UPDATING YOUR ADDRESS

As we prepare for the upcoming school year, keeping our student records accurate is vital for your child's safety, transportation, and academic planning. Please notify the main office immediately if you have recently moved, or if you plan to move over the summer months. Up-to-date address information ensures a smooth transition for the new school year. Also, accurate enrollment numbers allow us to finalize staffing and classroom sizes early. If your address has changed or will change before September, please contact the school office.



Cootes Paradise
ELEMENTARY SCHOOL



MENTAL HEALTH MONTH

CARING FOR YOURSELF IS CARING FOR YOUR FAMILY: A PARENT'S GUIDE TO MENTAL WELLNESS

Parenting is often described as one of life's greatest joys, but what is far less discussed is how emotionally demanding it can be. Between sleepless nights, constant worry and the pressure to hold it all together, many parents carry more than they ever let on. Struggling does not mean you are failing, it means you are human and carrying a great deal. Taking care of your mental wellness is a powerful act of love. When you support your own well-being, you strengthen your ability to care for your family in meaningful lasting ways.

Parents are natural caretakers and it often means putting everyone else's needs before their own, even when they feel depleted. However, recent data shows that when parents are overwhelmed, stressed or struggling emotionally, it impacts the entire household.

Parents report high stress levels, often feeling completely overwhelmed with their responsibilities and 41% of parents say they feel so stressed most days that they cannot function. Many parents also face chronic worry, poor sleep and emotional exhaustion that can resemble symptoms of anxiety and depression.

Tips for parents:

- Schedule small breaks during the day, even 10–15 minutes, for yourself.
- Practice mindful breathing or meditation to reduce daily stress.
- Set realistic expectations for what you can accomplish each day.
- Ask for help from friends, family or a local support group.
- Schedule regular self-care routines

When parents prioritize their mental wellness, families benefit in lasting ways. Parents who receive support are more likely to feel emotionally present, manage stress more effectively and model healthy coping skills for their children. Children learn how to handle emotions by watching the adults around them and caring for yourself shows your family that mental health matters.

To be a good parent, you need to take care of yourself so that you can have the physical and emotional energy to take care of your family.

— Michelle Obama —

<https://www.careaboutme.org/parents-guide-to-mental-wellness/>

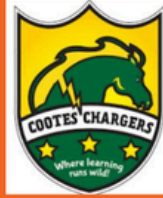


Cootes Paradise
ELEMENTARY SCHOOL



Cootes Paradise HSA

Presents our LittleCaesars Fundraiser
We earn \$6 from every kit sold
Something for everyone a fun easy way to support
Thanks for helping one slice at a time!



Little Caesars® Fundraising



Fundraiser ID
482261

Scan for
FULL MENU!

1. To place and order, scan the QR code with your mobile device
or go to the following link.

bit.ly/4wl4m8e

2. Enter the student's name at checkout.

LAST DAY TO ORDER ONLINE IS: Wednesday May 27th

ITEMS WILL BE DELIVERED ON: Thursday June 11th

PIZZA KITS



PEPPERONI PIZZA KIT

A family favourite!

Each Kit makes three - 12" pizzas

\$32



DETROIT-STYLE SLICES-N-STIX®

Iconic Detroit-Style Deep Dish pizza and your
favourite Italian Cheese Bread together!

Makes three pizzas with Crazy Sauce®

\$31



PERSONAL PEPPERONI PIZZA KIT

Quick and delicious!

Makes nine - 6" pizzas

\$32



ITALIAN CHEESE BREAD KIT

Warm and savoury cheese bread – simply irresistible.

Makes three - 10" breads

\$31



CRAZY BREAD® KIT W/CRAZY SAUCE

Our world-famous Crazy Bread is the perfect
side to our pizza!

Three loaves make 54 Crazy Bread sticks

\$28



CHOCOLATE CHUNK COOKIE DOUGH

A family favourite loaded with flavourful
chocolate chunks.

Makes 30 - 1 oz. cookies

\$27



**\$6 FROM EVERY PURCHASE
GOES TO SUPPORT OUR GROUP**

STAFF APPRECIATION LUNCH

Every year Home and School provides the staff at Cootes a potluck style lunch to show how much we appreciate all that they do for our students throughout the year



We are looking for families who would like to contribute to this event either through food, beverages, supplies etc...

This year, the lunch is on
June 4th 2026
Drop off for items will be
at the **main doors** from
9 am - 10 am



Please sign up below or email us at
cootes.paradise.hsa@gmail.com



THANK
you

Les 
 
 
 Petites Pommes



Increasing Confidence In French Since 2009

*****Click on image for more information.*****