



COOTES PARADISE WEEKLY UPDATE



Monday, May 11th	Tuesday May 12th	Wednesday, May 13th	Thursday, May 14th	Friday May 15th
	-Indigenous Education Walk: Grade 3 - 5 classes	-Pizza Day -Forge FC School Day Match -Bear Witness Day (Indigenous Awareness)	-Cookie Day	
Monday, May 18th	Tuesday, May 19th	Wednesday, May 20th	Thursday, May 21st	Friday, May 22nd
• No School		-Pizza Day	-Cookie Day -Shavuot, Jewish celebration	

UPCOMING DATES:

- May 18: Victoria Day (Canada)
- May 21 - Kindergarten Orientation
- Pizza Day- June 3 is the make-up day due to school closure on Wednesday February 18

Letter From Admin

Dear Cootes Paradise Families,

As we move into the second week of May, it's hard to believe how quickly the year is going. With just seven weeks left in the school year, we continue to encourage all students to stay focused, work hard, and take pride in their learning right through to the end.

Thank you to all the families who were able to join us for our Open House. It was wonderful to welcome you into the school and share our learning spaces. We truly appreciate your continued support and partnership.

We ask for your continued support in reviewing safe and respectful bus behaviour with your child(ren). Students are reminded to remain seated while the bus is in motion, use indoor voices, and listen to the bus driver at all times. Riding the school bus is a privilege, and following the rules helps keep everyone safe.

As always, we continue to emphasize the importance of kindness, respect, and positive choices within our school community. Small acts of kindness make a big difference, and we appreciate the role families play in reinforcing these values at home.

Thank you for your ongoing support as we head into the final stretch of the school year. If you have any questions or concerns, please feel free to reach out to the school.

Warm regards,

J. Hogan and J. Corbin- Harper



OFFICE UPDATES

KEEPING STUDENT INFORMATION UP TO DATE

Over the past few months, we have experienced some difficulty reaching a small number of families. This is a reminder of how important it is for the school to have current contact information on file for every student. Accurate and up-to-date records—including home address, phone numbers, and emergency contacts—are essential so that we can reach you promptly if needed, especially in the event of an emergency. Student Verification Forms were sent home in September 2025. If any of your contact details have changed since then, please notify the school office as soon as possible so we can update our records. Thank you for your cooperation in helping us ensure the safety and well-being of all students. If you have questions or need assistance updating your information, please feel free to contact the office.

ASIAN HERITAGE MONTH

May is officially designated as Asian Heritage Month in Canada by the government. Asian Heritage Month has been celebrated since the 1990s. The official theme for Asian Heritage Month 2026 in Canada is "Honouring Asian Canadians: Stories that Built Canada". This theme highlights the essential contributions of Asian communities to Canada's social, cultural, and economic life across generations, affirming their history as a foundational part of the national story. Over the last two centuries, immigrants have journeyed to Canada from East Asia, Southern Asia, Western, Central and Southeast Asia, bringing our society a rich cultural heritage representing many languages, ethnicities and religious traditions. The people of this diverse, vibrant and growing community have contributed to every aspect of life in Canada — from the arts and science to sport, business, and government.

WATER BOTTLES

With the warm weather approaching, students should be bringing a reusable water bottle to school. Quite a few students are visiting the office for plastic cups which interrupts staff from doing their work. Others tend to visit the water foundations a number of times just to get a drink. This tends to disrupt them from their learning.

OPEN HOUSE - THANK YOU

Thank you to all the members of our school community who joined us for our Open House on Wednesday, May 6, 2026. Your presence was greatly appreciated and helped make the evening a success. We are grateful for your support of our donut fundraiser, book fair, and other activities. We hope your child(ren) enjoyed the opportunity to show off some of the excellent work they have been doing at school. Thank you for your continued support and partnership.



Cootes Paradise
ELEMENTARY SCHOOL



MENTAL HEALTH MONTH

During the month of May HWDSB acknowledges Mental Health Month. "Come Together, Canada: Stronger connections, better mental health". This theme focuses on fighting loneliness, building social connections, and fostering a sense of belonging to improve mental well-being across the country. By embracing honesty and vulnerability, we open the door to deeper connections and the mental health benefits that come with it. Mental Health Week is a Canadian tradition, with communities, schools and workplaces rallying to celebrate, protect and promote mental health. The core objective of Mental Health Week is to promote mental health because mental health is something we can promote and protect, not just something we can lose.

Key Details for 2026:

- **Focus:** The campaign highlights that while many Canadians feel lonely or disconnected, small everyday actions of connection—like reaching out and checking in—can strengthen mental health.
- **Significance:** It serves to reduce stigma and promote community-based support, reinforcing that connection is a protective factor against poor mental health.
- **Action:** The [CMHA](#) invites individuals and organizations to use their 2026 toolkit to promote connection in workplaces, schools, and communities.

Here's how to make Mental Health Awareness Month meaningful for kids:

- **Learn about mental health:** Understand common mental health conditions, their symptoms, and the importance of seeking help.
- **Use age-appropriate resources:** Find books, websites, and videos that explain mental health concepts in a way that kids can understand.
- **Talk about feelings:** Create a safe space where your child feels comfortable sharing their emotions and concerns.
- **Listen actively:** Pay attention to your child's verbal and nonverbal cues, and validate their emotions.
- **Encourage physical activity:** Regular exercise is a great way to boost mood and reduce stress.
- **Practice mindfulness:** Introduce simple mindfulness techniques like deep breathing or meditation to help children manage stress.
- **Prioritize sleep:** Adequate sleep is crucial for mental and physical well-being.
- **Recognize warning signs:** Be aware of potential mental health issues, such as persistent sadness, changes in behavior, or thoughts of self-harm.



Registration →
bit.ly/4w3ucxg



Bike Swap & Spring Clean up

FAMILY EVENT

10 AM - 2 PM

Cootes Paradise Elementary
School Back Yard



Bikes



Scooters



Skateboards



and more



SUPPORTING DALEWOOD MIDDLE SCHOOL



DOUGH RAISER.

PARTNERING WITH OUR COMMUNITY.

THURSDAY, MAY 21, 2026
**DALEWOOD MIDDLE
SCHOOL**

Raising funds for students initiatives.

LARGE 3-TOPPING PIZZA **\$12**

\$5 WILL BE DONATED FROM
EVERY PIZZA ORDERED

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