



COOTES PARADISE WEEKLY UPDATE



Monday, May 18th	Tuesday May 19th	Wednesday, May 20th	Thursday, May 21st	Friday May 22nd
<ul style="list-style-type: none"> No School Victoria Day 	-Track & Field Day	-Pizza Day	-Kindergarten Orientation 4:00 - 5:15 -Cookie Day -Shavuot, Jewish celebration	
Monday, May 25th	Tuesday, May 26th	Wednesday, May 27th	Thursday, May 28th	Friday, May 29th
	-Start of Eid Al-Adha	-Pizza Day	-Cookie Day	

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,

What a wet stretch of weather we've had recently! Don't be fooled, Spring is definitely in the air and has taken hold in our Cootes community. We hope that you and your family are also enjoying the sense of renewal that this season brings with it.

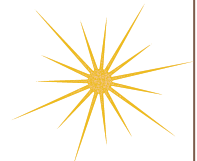
We hope you enjoy the upcoming long weekend and have some time to relax and recharge with your loved ones. As we return, we'll be entering the final six weeks of the school year—a busy and exciting time filled with learning, growth, and important milestones. We encourage everyone to continue supporting students in maintaining their energy, focus, and positive routines as we work toward a strong finish.

The month of May is traditionally an exciting time of the school year. It is a time where staff and students reflect on the learning year so far and begin to make one final push toward consolidating learning and celebrating classroom successes. Continue to stay connected to your child's learning. Checking in on classroom updates, reviewing work together, and having conversations about their progress can make a big difference in helping them stay motivated and confident.

Thank you, as always, for your ongoing support.

Warm regards,

J. Hogan and J. Corbin- Harper



OFFICE UPDATES

MOVING, PLEASE LET US KNOW

We would appreciate it if you could let us know if you are planning to move within the next few weeks or over the summer. This information really helps us with our planning and ensuring a smooth transition for everyone.

Also, if any of your contact details have changed since that time, please contact the school office as soon as possible so we can update our records. If you have any questions or need assistance updating your information, the school office will be happy to help.

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 we understand these items can be meaningful to students, bringing them to school can lead to distractions during learning time.

Unfortunately, the school is not responsible for personal items if they are lost, misplaced, or damaged while at school. To help avoid disappointment and unnecessary concerns, we strongly advise against students bringing these items with them. Thank you for your understanding and continued cooperation in helping us maintain a focused and positive learning environment.

WATER BOTTLES

As warmer weather approaches, we would like to remind families of the importance of students bringing a reusable water bottle to school each day. Staying hydrated is essential for students' health, comfort, and ability to focus throughout the school day. When students do not have water bottles, they often need to leave the classroom to visit water fountains, which can disrupt learning time for themselves and others. Having a water bottle readily available helps minimize these interruptions and allows instructional time to continue smoothly. Please ensure that your child brings a labeled, refillable water bottle to school daily.

APPROPRIATE FOOTWEAR IN WARMER WEATHER

We would like to remind families of the importance of safe and appropriate footwear for school. Students spend a great deal of time outdoors during recess and physical activities, and footwear such as slippers or flip-flops can pose a safety risk when students are running and playing. To help prevent slips, falls, and injuries, we encourage students to wear secure, supportive shoes that are suitable for active play. In addition, please continue to ensure that your child has a separate pair of indoor shoes at school, as this helps keep our learning spaces clean and safe.



Cootes Paradise
ELEMENTARY SCHOOL



MENTAL HEALTH MONTH

HOW TO HELP YOUR CHILD CALM DOWN

- Make sure to establish a stable routine that promotes sleep. School-aged children should sleep 10 to 11 hours a night.
- Make sure your child eats enough healthy food. Breakfast is especially important for their concentration.
- Encourage your child to move. They should be getting at least 60 minutes of physical activity every day. Go for walks, play in the park, or play ball games with them. Sports that teach self-control, such as martial arts, can also have beneficial effects on their concentration.
- Avoid computers, mobile devices (tablets and phones), and TV before bedtime. Not only do screens overstimulate the brain before sleeping, but the bright light can wake us up when it's time to wind down. Children shouldn't have screens in their rooms, either.
- Teach your child how to relax. Do simple relaxation exercises with them. Practice abdominal breathing, or do a bit of yoga or meditation. If your child loves music, you could also listen to some soothing songs before bed.
- Help your child learn to express themselves and recognize their emotions. When you read stories together, ask your child about what the characters may be feeling, or how they might feel in a similar situation. Over time, you'll be able to use this strategy in everyday life to help your child cope with restlessness triggered by emotional regulation.
- Reassure your child. If a change or conflict is causing your child to feel anxious, help them find a solution that will make them feel better. It may help calm them down.
- Take regular breaks during homework time. Don't hesitate to make things fun by writing their vocabulary words on a small chalkboard or going over them in the bath. Your child doesn't always have to be seated in order to learn. For example, you could let them pace around the room while they practise spelling their vocabulary words or addition tables.
- Praise your child when they manage to stay calm on their own.

THINGS TO KEEP IN MIND

- Having too much energy is a typical aspect of childhood development. Your child will gradually learn to control their behaviour.
- A number of factors can cause a child to have too much energy, such as when their basic needs aren't met (hunger, lack of sleep, etc.), when there's been a major change in their life, or when they're experiencing stress.
- If your child's behaviours are disrupting others, or if their self-esteem is suffering, don't hesitate to consult a health care professional.

<https://naitreetgrandir.com/en/step/5-8-years/behaviour/high-energy-child/>



Cootes Paradise
ELEMENTARY SCHOOL



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

CODE: DGH1 1 pizza

CODE: DGH2 2 pizzas

CODE: DGH3 3 pizzas



To use the code, go online at www.dominos.ca or the Domino's Canada App, go to Coupons, and enter the code in the field called "I Already Have A Coupon"

*Taxes and delivery may apply.
Valid at participating locations.
Limited delivery area.*

**ORDER AT
DOMINOS.CA**

VALID AT:

86 MAIN ST, DUNDAS, 905-628-3130
275 JAMES ST N, HAMILTON, 289-919-3255
96 MAIN ST EAST, HAMILTON, 905-521-3003

- Date Range**
05/14/2026 - 05/31/2026
- Location**
Westdale Branch
- Event Type**
All Types
- Age Group**
Early Years (0 to 5) | School Age (6 to 12)

 **REGISTERED EVENTS**

To sign up for any registered events, you'll need your library card and PIN.

Sign up at:

<https://events.hpl.ca/events>

call **905-546-3200** or visit any of our branches.

Thursday May 14, 2026



Family Storytime: Get Ready to Read

- WESTDALE BRANCH**
10:00am - 10:30am
Bring the whole family to story time and get ready to read.
- Early Literacy
- Early Years (0 to 5)

Reading Buddies

- WESTDALEBRANCH**
4:00pm - 5:00pm
Practice your reading skills with volunteer Reading Buddies.
- Books and Writing
- School Age (6 to 12)

Saturday May 16, 2026

Family Storytime: Get Ready to Read

- WESTDALE BRANCH**
10:00am - 10:30am
Bring the whole family to story time and get ready to read.
- Early Literacy
- Early Years (0 to 5)

Family Stay and Play

- WESTDALE BRANCH**
10:30am - 11:00am
After storytime, stay for social and play time.
- Early Literacy
- Early Years (0 to 5)

Tuesday May 19, 2026

Imagination Stations

- WESTDALE BRANCH**
3:30pm - 4:30pm
Create with our STREAM kits and educational toys.
- Science and Math
- School Age (6 to 12)

Thursday May 21, 2026



Family Storytime: Get Ready to Read

- WESTDALE BRANCH**
10:00am - 10:30am
Bring the whole family to story time and get ready to read.
- Early Literacy
- Early Years (0 to 5)

Reading Buddies

- WESTDALEBRANCH**
4:00pm - 5:00pm
Practice your reading skills with volunteer Reading Buddies.
- Books and Writing
- School Age (6 to 12)

Les 
 
 
 Petites Pommes



Increasing Confidence In French Since 2009

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