



COUGAR CREEK ELEMENTARY - Weekly Bulletin – May 2, 2022 – May 6, 2022 Week at a Glance

- Monday May 2, 2022 – Ramadan Ends
- Monday May 2, 2022 – Mental Health Awareness Wear Blue
- Tuesday May 3, 2022 – last day of Jumpstart
- Thursday May 5, 2022 Wear cultural Cloths/Bright Colours
- Friday May 6, 2022 - STA Day – school is not in session



If you know someone in the community that has a child born in 2017 please remind them to register for Kindergarten. Thank you for your help with this.



The stigma around mental health and treatment has long existed, even though this has started to change. Still, people hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash. Simple logic dictates that if we are hurt anywhere, we must seek treatment to get better. This applies to both our mental- and physical well-being.



Eid marks the end of **Ramadan**, the Muslim holy month of **fasting**. Staff and students are welcome to wear cultural cloths and bright colours.



Parents and guardians – there is to be NO U-TURNS IN SCHOOLS ZONES and DO NOT drop students off in the staff parking lot.



It has been so nice to see so many students riding their bikes to school – keep it up 😊

Have a wonderful and restful weekend!