



GOLDSTONE PARK ELEMENTARY

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Fri, Jan 24th Jump Rope for Heart Assembly
Mon, Jan 27th 2020 K Choice Applications Begin
Tue, Jan 28th Div. 20 Field trip – Art Gallery

Thu, Jan 30th Gr. 7 Parent Info Night - Re:Camp
Fri, Jan 31st Chip Sales
Sat, Feb 1st Kindness Month Begins
Mon, Feb 3rd Gr. 7 Parent Info Meeting at Sullivan Hts Re: High School 6:00pm



NHL's Most Valuable Teacher

Ms. Maikawa needs your votes! Thank you so much to those who have already voted. Just a

reminder that you can vote once a day until January 31!

Here is the link: <http://nhl.com/mvt>

K Registration

If your child turns 5 before January 1, 2021 they are eligible to start Kindergarten in September 2020. Registration is open, please come in with all required documents.

Kindness Month

Thank you to all those that ordered t-shirts! Friendly reminder February is Kindness month. More information to follow. Kick off assembly is tomorrow!



Jump for healthy futures!

Dear Parent/Guardian,

Jump gives back! It's not your everyday fundraiser. It's a program that helps your kids, your school, and your community. Here's how:

Kids feel good by doing good:
Your kids learn the importance of helping others. The donations they collect fund life-saving research.

When schools give, Jump gives back:
Through Jump, your school earns points for sports equipment, classroom supplies, and much more!

Your children learn life-long healthy habits:
Jump teaches kids how to take care of their heart and brain with healthy habits that are EASY to remember.

This year we're encouraging kids and families to go online and count their EASY healthy habit streak every day.

Get Started:

1. Go to jumpropeforheart.ca
2. Join your school
3. Start fundraising and counting your streak today

Protecting kids' heart and brain health is as **EASY** as practicing these healthy habits every day:



Eat fruits and vegetables



Active for 1 hour or more



Screens less than 2 hours



Yes to water and no to sugary drinks

Join your school today!
jumpropeforheart.ca



*In the event that the above listed Give-back items are not available, Heart & Stroke reserves the right for award schools a check for 10% of net proceeds raised in lieu. *The heart and /icon is its own and the heart and /icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada.