



We acknowledge and thank the Coast Salish Nations of Musqueam, Tsleil-Waututh and Squamish on whose traditional territories we teach, learn and live.

Student Bulletin

Date: Tuesday May 23rd ,2023

Student First Aid: Ami Onda and Julie Ma

	
May 31 Mr. Kinoshita	<div>Celebrating Health Month for May</div> Please see calendar below.

MAY 2023		Celebrating Health Month				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 EXERCISE	22 NO SCHOOL	23 FACT: Regular exercise is essential for good health: Engaging in regular physical activity can improve cardiovascular health, boost the immune system, and reduce the risk of chronic diseases such as diabetes and heart disease.	24 FACT: Exercise can improve mental health: Physical activity can help reduce stress, anxiety, and depression, and improve overall mood and cognitive function.	25 FACT: Different types of exercise have different benefits: Aerobic exercise can improve cardiovascular health, while strength training can build muscle and improve bone density.	26 FACT: Exercise can improve brain function: Exercise has been shown to improve cognitive function, memory, and mood by increasing blood flow and oxygen to the brain.	27
28 NATURE	29 FACT: Nature can promote a sense of well-being and connectedness: Being in nature can promote feelings of calmness, connectedness, and awe, which can improve overall well-being and quality of life.	30 Exposure to natural light can improve sleep: Exposure to natural light during the day and darkness at night helps regulate the body's circadian rhythm, which can improve sleep quality.	31 FACT: Being active outdoors can improve physical health: Outdoor activities such as hiking, biking, or gardening can provide exercise and fresh air, which can improve cardiovascular health, strengthen muscles, and reduce the risk of chronic diseases.			

SCHOOL GOALS:

Goal 1: To foster an educated, responsible and reflective community of Digitally Literate Citizens.

Goal 2: To increase student awareness, understanding and practice of healthy living.