



SPRUCE VIEW SCHOOL

June 05, 2020

VIKING NEWSLETTER

For more information visit our Website at www.spruceviewschool.ca or Facebook at Spruce View School



Mrs. Smith- Grade Two Teacher

What do you miss most about school?

I miss my students: their laughs, jokes, stories, hugs, and our secret handshakes

What are you doing during this time of physical distancing?

During distancing we have lots of time to connect as a family, playing in our yard, movies, dinner sharing, and creating projects with each other

What is the first thing you are going to do when this is over?

The first thing I'm going to do when this is all over is



Mr. Johnson - Science/Math High School Teacher

What do you miss most about school?

I miss 'Geeking' out about science stuff with students..

What are you doing during this time of physical distancing?

I have been getting caught up on my long list of books to read and lots of nature hikes with family.

What is the first thing you are going to do when this is over?

Line up for my Covid-19 vaccination.

WHAT'S AVAILABLE FOR SPRUCE VIEW

If you require a little help

SPRUCE VIEW & DISTRICT FOOD BANK

Call
 Clint at 403-728-3369 or 403-392-0626
 Pastor Russ at 403-505-1645

King of Kings Church
 1911 - 2nd Avenue
 Dickson

JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good, even on the difficult days	2 Re-frame a worry and try to find a positive way to respond	3 Think of 3 things you're grateful for and write them down	4 Show your appreciation to those who are helping others	5 Smile and be friendly, even while you're social distancing	6 Notice the upsides during the lockdown, however small	7 Find a joyful way of being physically active (Indoors or out)
8 Write a letter to thank someone for what they did	9 Find the joy in music today: sing, play, dance or listen	10 Take a photo of something that brings you joy and share it	11 Say positive things in your conversations with others today	12 Make a plan with friends to do something fun together	13 Appreciate the joy of nature and the beauty in the world around	14 Do three things to bring joy to other people today
15 Rediscover a fun childhood activity that you can enjoy today	16 Ask a loved one what they feel grateful for at the moment	17 Be kind to you. Treat yourself the way you would treat a friend	18 Send a positive note to a friend who needs encouragement	19 Create a list of favourite memories you feel grateful for	20 Make time to do something playful today, just for the fun of it	21 Enjoy trying a new recipe or cooking your favourite food
22 Share a happy memory with someone who means a lot to you	23 Look for something to be thankful for where you least expect it	24 Thank a friend for the joy they bring into your life	25 Eat food that makes you feel good and really savour it	26 See the upside in a difficult situation you learnt from	27 Watch something funny and enjoy how it feels to laugh	28 Create a playlist of your favourite songs and enjoy them
29 Take time to do something that makes you happy today	30 Make a list of the joys in your life (and keep adding to them)	"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle				

ACTION FOR HAPPINESS

30 actions to look after ourselves and each other as we face this global crisis together

www.actionforhappiness.org
 Keep Calm · Stay Wise · Be Kind