

Ignace School



April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;">Ignace School Spirit Wear order forms are due on April 30th Contact the school for more information!</p> 						
	1 Egg Burgers & Soup	2 Grad Photos & Spring Pictures Canteen Open Today	3  Badminton Shepherd's Pie & Soup	4 Wild West Day  Canteen Open Today	5 Wear Your Falcon's T-Shirt Hashbrown Casserole & Soup	
7	8 Chicken Soup	9 Career Dress Up Day  Canteen Open Today	10 Badminton Turkey, Potatoes & Soup	11 Canteen Open Today	12 Wear Your Falcon's T-Shirt Beef Soup	13
14	15 Mac N' Cheese & Soup	16 Grade 7/8 Badminton @ Kenora Canteen Open Today	17  Late Start Day Badminton Taco Salad & Soup	18 Science North Visits Wear Bright Colors  Canteen	19 No Classes Good Friday	20
21 	22 No Classes Happy Easter	23 Canteen Open Today	24 Badminton Grilled Cheese & Soup	25 High School Report Cards Sent Home Canteen	26 PD Day No Class	27
	29 Wacky Hair Day Beef Soup	30 Sec P/T Interviews 6-8 PM Canteen Open	<u>Save the dates:</u> Grade 8 Grad, 3:30. Tues. June 25 th Grade 12 Grad, 3:30, Thurs. June 27 th 			



Do One Thing – Turn Off the Screens

For health benefits, children and youth should minimize the time they spend being sedentary each day. This may be achieved by:

- Limiting recreational screen time (tv, video games, playing on computer) to no more than 2 hours a day;
- Limiting sedentary (motorized) transport, extended sitting and time spend indoors throughout the day.
- Limiting screen time to less than 2 hours per day can help children:
- Improve their health
- Do better in school & improve their self-esteem
- Have more time to learn a new skill
- Maintain a healthy body weight