






Remember to follow us on     ; visit our [website](#) and  [Edsby](#) for communication from your child's teacher
At Home Learners: send us your photos to holyfamilyschoolrd@gmail.com

Morning Prayer and Daily Birthdays: Mrs. Franz will announce through our social media channels

Monday, January 04

COVID-19 ALBERTA

HEALTH DAILY CHECKLIST for under 18:

[NEW Daily Health Checklist](#)

[NEW: My child is sick, what do I do next?](#)

[NEW: Illness Response Flowchart](#)

[RDCRS Parent/Student Handbook](#)

[NEW: If a student shows symptoms](#)

[NEW: How long to stay home from school](#)

Wellness: Let's get outside and go for a walk

Physical Education: Mindfulness Monday - [Yoga for Kids!](#)

Counsellor's Corner:

[Help is Here for You](#)

[Help in Tough Times](#)

[Text4Hope](#)

[Mental Wellness Moments](#)

[Tips to Help Your Child Be Comfortable and Confident While Wearing a Mask](#)

Tuesday, January 05



Wellness: Tinker Tuesday: [Making Backyard Bird Feeders](#)

Physical Education: Try It Tuesday - [Plank Tic Tac Toe](#)

• challenge every member of your family to a game!

Music: COME JOIN MRS. LAMONTAGNE FOR SOME MUSIC FUN!

- Pre-K & Kinder Music @ 10:00 am with Mrs. L Google Meet Link to be emailed
- Grade 1 @ 10:45 am with Mrs. L Google Meet Link to be emailed

Mindfulness for Kids! Episode 1 ~ [LINK](#)

Wednesday, January 06



Epiphany- A Bible Story: A Journey of the Wiseman: [Link](#)

Epiphany Mass@10:45 am [LINK](#)

Wellness: Let's read a book! What's your favorite storybook?

Physical Education: Workout Wednesday - [Flash Card Fitness](#)

Music: COME JOIN MRS. LAMONTAGNE FOR SOME MUSIC FUN!

- Grade 4 @ 9:30 am with Mrs. L Google Meet Link to be emailed
- Grade 5 @ 11:00 am with Mrs. L Google Meet Link to be emailed

Mindfulness for Kids! Episode 2 ~ [LINK](#)

Thursday, January 07



Wellness: Let's get cooking! What's your favorite recipe?

Physical Education: Thirsty Thursday - [The Elf Workout](#)

Music: COME JOIN MRS. LAMONTAGNE FOR SOME MUSIC FUN!

- Grade 2 @ 10:00 am with Mrs. L Google Meet Link to be emailed
- Grade 3 @ 10:45 am with Mrs. L Google Meet Link to be emailed

Mindfulness for Kids! Episode 3 ~ [LINK](#)

Friday, January 08



Wellness: Fun Friday! Get outside and enjoy Winter!

Physical Education: FlashDance Friday - [KIDZ BOP Dance Along](#)

Mindfulness for Kids! Episode 4 ~ [LINK](#)

Upcoming Events-**Mark your calendars**

Jan. 11th - Return to in-person learning at school

Jan. 15- Kindergarten Tue/Thu IN

Jan. 18th- Opening Day Pre-K and Kindergarten Registration (online)

Happy New Year! Have a good weekend. Be Safe and Have fun!