

ADAM SCOTT INTERMEDIATE NEWSLETTER

MARCH/MARS 2021

Spring is almost here and our ASIS Lions continue to thrive!

Land Acknowledgement:

Our students and staff and community recognize that our school is located on the traditional territory of the Mississauga First Nations. We will work hard to respect the land and honour it. We will seek opportunities to take care of the nature and species surrounding us.

Adam Scott Resilience Project:

Congratulations to all the students who participated in the Adam Scott Resilience Project over the course of the past 5 weeks. Each week we explored the power of one core trait that helps promotes one's ability to manage daily challenges and move forward with a sense of confidence and well-being. The 5 core traits include: Belonging, Perspective, Acceptance, Hope and Humour.

Resilience Project Art Contest:

Take part in the Adam Scott Resilience Project Art Contest: Pick one of the 5 Core Traits of Resilience and create a poster to promote this trait for our students and earn the chance to win a gift card! Paper will be provided by Ms. Murphy. (Criteria: Creativity, Use of design and colour, clarity of message)

Grad Photos This Week!

It is time for Grad photos! Teachers will share their class schedules this week with students. Photos will be taken in the gym following careful Covid protocols Wednesday, Thursday, Friday so the gym is not available. We were able to obtain 50 graduation sashes so that our students can have more formal photos. Using 50 sashes a day means that some classes will be split over 2 days. Please try to wear a white-collar shirt.

Student Responsibility:

Being an Intermediate student means that you are old enough to seek the support of an adult right away if there is a concern, a conflict, something negative going on that you need support with to help resolve the concern. ASIS Lions, we need you to speak up right away to get assistance and we appreciate your willingness to help our school be a safe and caring place

to learn, lead and grow.

ASIS Virtual Book Fair!

ASIS Book Fair ends March 22! You can purchase books and have them sent to your home!

<https://virtualbookfairs.scholastic.ca/pages/5156440>

Adam Scott Virtual Cross Canada Challenge Has Begun!

Terry Fox's bother, Fred, was our virtual guest on March 1. Students from each class posed thoughtful questions to hear more about Terry's legacy and Fred's experience as his brother. This wonderful experience helped launch our Virtual Challenge! We have 19 teams who have formed including classes, staff, community members and we are making our way virtually across Canada! Every 15 mins. of any activity earns participants 1km. There are lots of ways to earn bonus points and trivia questions at the gate of each new Province or Territory to stimulate a little more fun and challenge! Presently, teams are making their way through the beautiful province of Newfoundland. Coming soon! Bonus points for taking a detour up through Labrador to visit the Labrador Outdoor Activity Center! Stay tuned!

Celebrating Women in Skilled Trades!

Take a virtual trip and explore many exciting career choices for women in the skilled trades through these interesting Edge Factor videos! <https://edgefactor.com/zone/women-in-skilled-trades>

Social Media Safety

We appreciate all the support from parents and guardians to regularly review the safe use of social media and the internet with their children. Ranging from making sure students have privacy and safety filters to ensure they do not connect with strangers to expressing oneself in appropriate ways are all important to monitor often. Being an ASIS Lions means students follow the code of conduct whether they are in the building or on line. We expect our students to respect themselves and others and make healthy choices at all times.

Healthy Green Smoothie Recipe From ASIS Parent Maggie Savage!

St Paddy's Day is around the corner, so we need a green smoothie to celebrate. This makes the perfect breakfast or after school snack. When my kids were little, they would let me send smoothies to school in a thermos. Smoothies are not really cool enough anymore now that they're older. Way too healthy Mom. Thankfully they'll still drink them at home. If you like to use protein powder in your smoothies (we do!), feel free to add a scoop. The key to keeping your smoothie green is to keep berries out of them! They get swamp coloured if you do that!

Green Smoothie For St Paddy's Day Ingredients

$\frac{3}{4}$ cup milk of choice (we prefer dairy-free oat milk)

$\frac{3}{4}$ cup frozen green grapes 1 frozen banana

$\frac{1}{2}$ tablespoon ground flax seed handful of washed spinach

Method Combine all the ingredients in your blender and blend until smooth.

Yield: approximately 1 $\frac{1}{2}$ cups

Tip: Chewing your smoothie is important - it gets the digestive juices flowing, even while drinking a smoothie.

Find more healthy gluten-free recipes at www.sheletthemeatcake.com

