



May 6<sup>th</sup>, 2024

Dear Parents/Guardians:

Spring has definitely arrived, and with it, there have been many busy days at Gray! Some of the great learning has included getting outside for track and field, going on field trips and Play All Day this last Friday. The third term tends to be a busy one that flies by with many engaging and interactive learning experiences planned by our hardworking Gray staff. Thank you to our families and caregivers for all of your support with all of the 'extras' that are presented to make these special experiences happen at school.

## SPIRIT WEAR FRIDAYS

Thank you all for your support with our Gray spirit wear orders! We would like to invite everyone to please wear black or gray on Fridays or their spirit wear to show their Gray spirit.



## TRACK MEET UPDATE

The Regional Track Meet will be on **Thursday, May 9<sup>th</sup>, 2024** at North Delta Senior Secondary. Please let us know, if selected to represent Gray Elementary, whether your child is able to participate by completing the permission form on Parent Connect by **Tuesday May 7<sup>th</sup>, 2024**.

## CASUAL/ON-CALL NOON HOUR SUPERVISORS

We are looking to hire a few more casual/on-call noon hour supervisors. If you are interested in more information about the responsibilities of this paid role, please contact Ms. Sohal at the school or email her at [tsohal@deltaschools.ca](mailto:tsohal@deltaschools.ca)

## PAC NEWS

The PAC would like to extend a huge thank you to the Gray community for making their Spring Dances a big success. It was wonderful to see so many students and families having a great time dancing, enjoying the photo booth and taking advantage of the crafts and concession.



The PAC will be hosting their annual Carnival on May 31<sup>st</sup>, 2024! Tickets and concession will be available on Munch a Lunch on Monday, May 6<sup>th</sup>, 2024. You will also be able to buy tickets at the at the event. These events could not take place without the volunteer support of the members of our PAC and our Gray families. This is the PAC's largest event and requires the most volunteer support. If you are able to volunteer your time to support their event, please email [grayelementarypac@gmail.com](mailto:grayelementarypac@gmail.com).



## COMMUNITY NEWS

*A free education session for parents and caregivers*

# Supporting Children to Have a Positive Relationship with Food



**May 23rd, 2024**

**6:30pm – 7:30pm**

*via Zoom (space is limited)*

There are so many messages in our society around what we should and shouldn't be eating, which can end up creating a lot of stress for parents when it comes to feeding your child. This presentation will help to cut through the noise to reduce your worry and stress around feeding your child. We will cover:

- What a positive relationship with food looks like and what gets in the way of having one
- What it looks like when children feel good about food and eating
- The parent's vs. the child's roles with feeding and eating
- How following your roles with feeding helps to: support children to feel joy about food and themselves, learn to try new foods and eat a variety of foods, and create positive, struggle-free mealtimes
- How a positive body image helps to support a positive relationship with food
- Practical tips and resources

**Register in advance for this workshop:**

<https://ca01web.zoom.us/meeting/register/u5Upc-GhqTgsHtztXVCKwgYyYbfnR1YkEAC>

**After registering, you will receive a confirmation email containing information on how to join the workshop.**

### PRESENTER:



**Suvarna Rao, RD**  
**Public Health Dietitian**

Suvarna Rao is a Public Health Dietitian with Fraser Health. Suvarna works on healthy public policy related to local government, community organizations, and school districts. She is passionate about her focus areas of school and community nutrition, as well as health equity and policies to improve community food security.

**Email questions for Suvarna ahead of time to:**

Kirsten Hermanson, Manager  
Prevention and School Wellness  
[khermanson@deltaschools.ca](mailto:khermanson@deltaschools.ca)

Presented By:  
Learning Services/  
Inclusive Learning





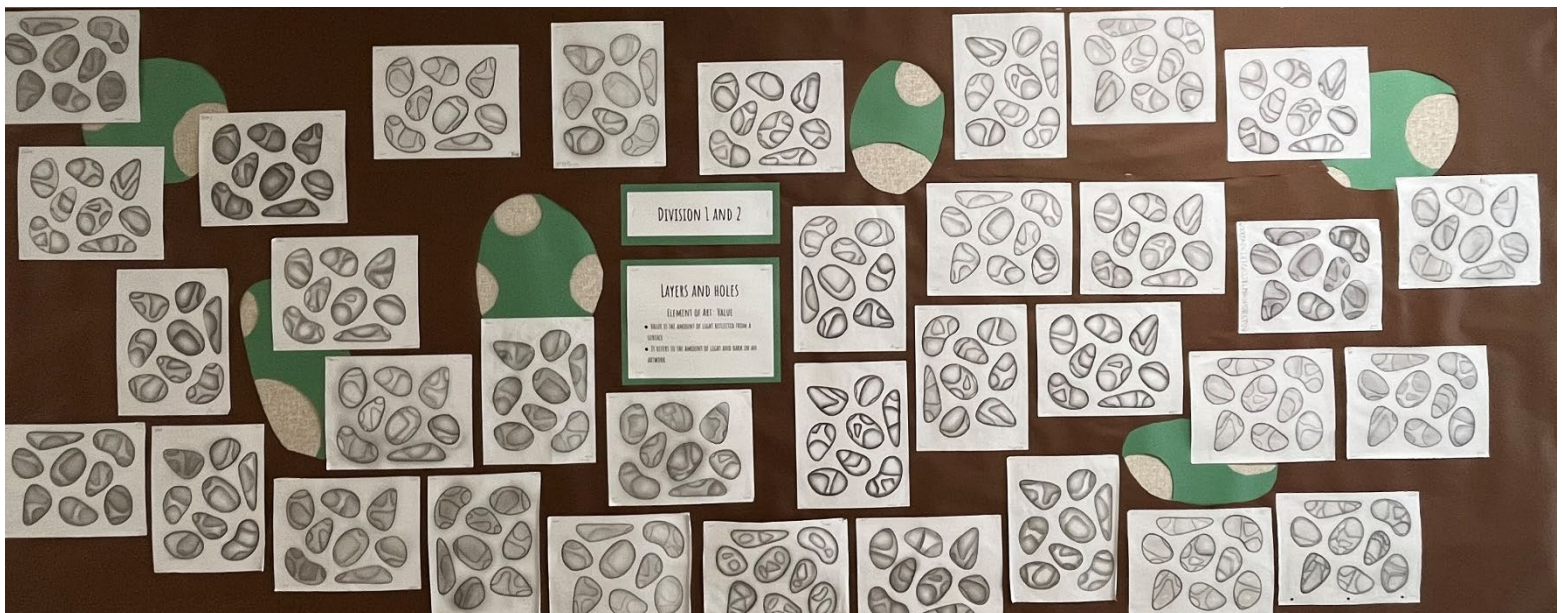
## UPCOMING EVENTS

Tuesday, May 7 <sup>th</sup>	Staff Appreciation Lunch Hosted by the PAC
Thursday, May 9 <sup>th</sup>	Regional Track Meet at North Delta Secondary School
Friday, May 10 <sup>th</sup>	Alternate Regional Track Meet Day (*if weather does not cooperate on the 9 <sup>th</sup> )
Monday, May 13 <sup>th</sup>	Immunizations for Grades 1 & 2 Students Afterschool Variety Club Inclusion Assembly
Tuesday, May 14 <sup>th</sup>	Favourite Character Day Cultural Visit with Nathan “Kaanaax Kuwoox” Wilson, Indigenous Educator and Cultural Enhancement Facilitator
Thursday, May 16 <sup>th</sup>	District Track Meet at South Delta Secondary School
Friday, May 17 <sup>th</sup>	No School

Respectfully,

Mr. J. Mann  
Principal

Ms. T. Sohal  
Vice-Principal



*Layers and Holes- Division 1 & 2*