



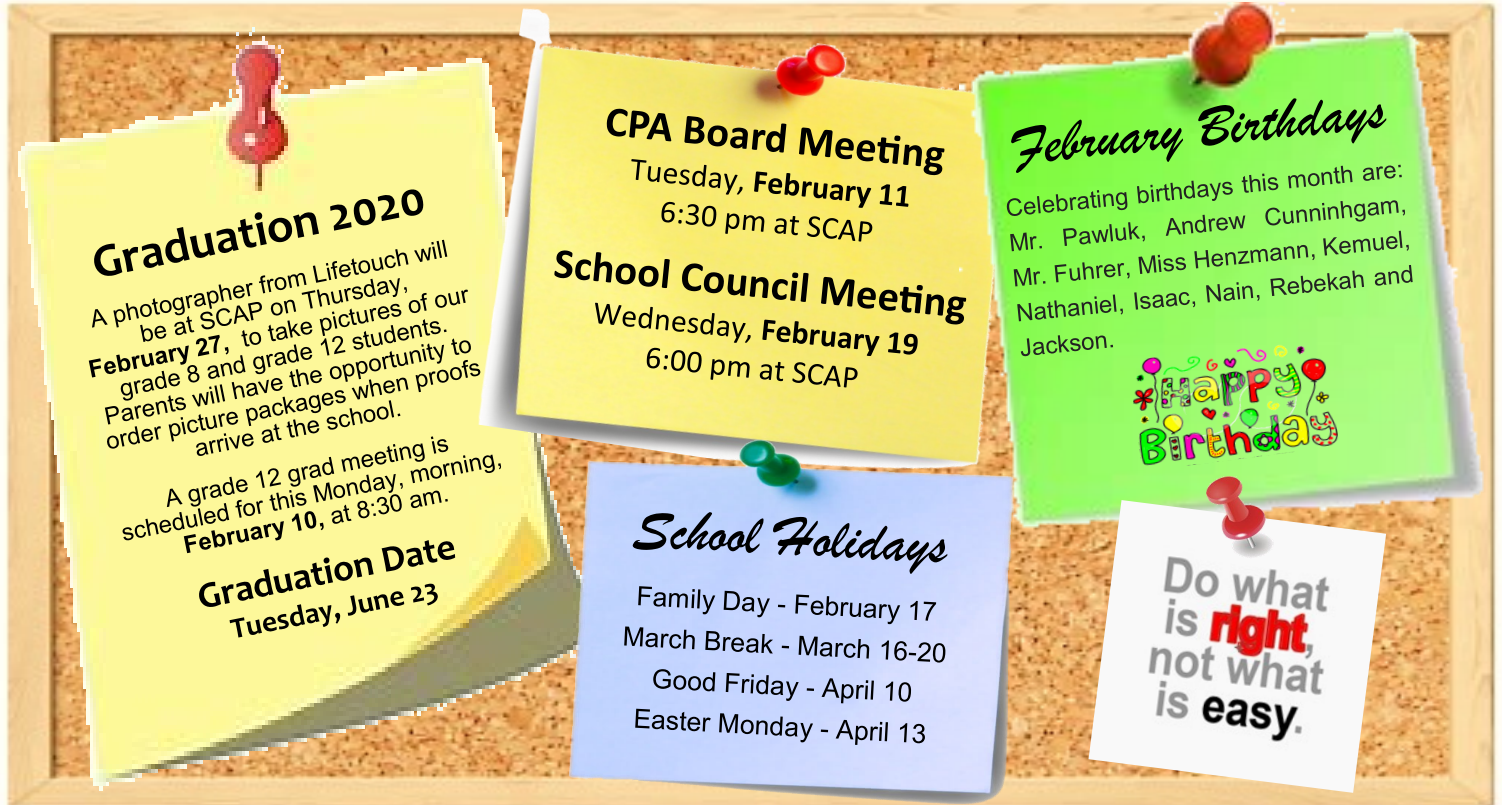
# S.C.A.P. Rap



Volume 6

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February 5, 2020



## Graduation 2020

A photographer from Lifetouch will be at SCAP on Thursday, **February 27**, to take pictures of our grade 8 and grade 12 students. Parents will have the opportunity to order picture packages when proofs arrive at the school.

A grade 12 grad meeting is scheduled for this Monday, morning, **February 10**, at 8:30 am.

**Graduation Date**  
Tuesday, June 23

## CPA Board Meeting

Tuesday, February 11  
6:30 pm at SCAP

## School Council Meeting

Wednesday, February 19  
6:00 pm at SCAP

## February Birthdays

Celebrating birthdays this month are:  
Mr. Pawluk, Andrew Cunningham,  
Mr. Fuhrer, Miss Henzmann, Kemuel,  
Nathaniel, Isaac, Nain, Rebekah and  
Jackson.



## School Holidays

Family Day - February 17  
March Break - March 16-20  
Good Friday - April 10  
Easter Monday - April 13

Do what  
is **right**,  
not what  
is **easy**.

## From the Northwestern Health Unit

Anxiety is our body's reaction to perceived danger or important events. Anxiety is like an internal alarm system. It alerts us to danger and helps our body prepare to deal with it. It also helps us to perform at our best. Anxiety is something that everyone experiences from time to time. Here are some helpful tips you can do with your child so they can stay balanced and dial down their level of anxiety:

- Be active with your child - go for a walk together, play some pond hockey;
- Make a change - do something completely different with your child, a new hobby perhaps;
- Your children need time to themselves too - they can cuddle with the family pet, do some colouring or read a book;
- Have a laugh with your child - put on a funny movie or tell some funny stories.



*Our Lost & Found is piling up! Students, please check it out and claim your belongings.*

## Dates to Remember

Feb. 10	<b>Grade 12 Grad Meeting</b> , 8:30 am at SCAP
Feb. 11	<b>CPA Board Meeting</b> , 6:30 pm at SCAP
Feb. 12	<b>Kindergarten to Grade 8 Dental Screening</b>
Feb. 17	<b>Family Day - No School</b>
Feb. 19	<b>School Council Meeting</b> , 6:00 pm at SCAP
Feb. 25	<b>Sonshine Christian Kindergarten &amp; Open House</b> , 3:30-5:30 pm
Feb. 27	<b>Grade 8 &amp; 12 Grad Pictures</b> (Lifetouch), 9 am
March 9-13	<b>School Spirit Week</b>
March 13	<b>SCAP Winter Olympics</b>
March 16-20	<b>March Break</b>