



PIONEER MIDDLE SCHOOL
PANTHER POST

Week of April 8, 2024

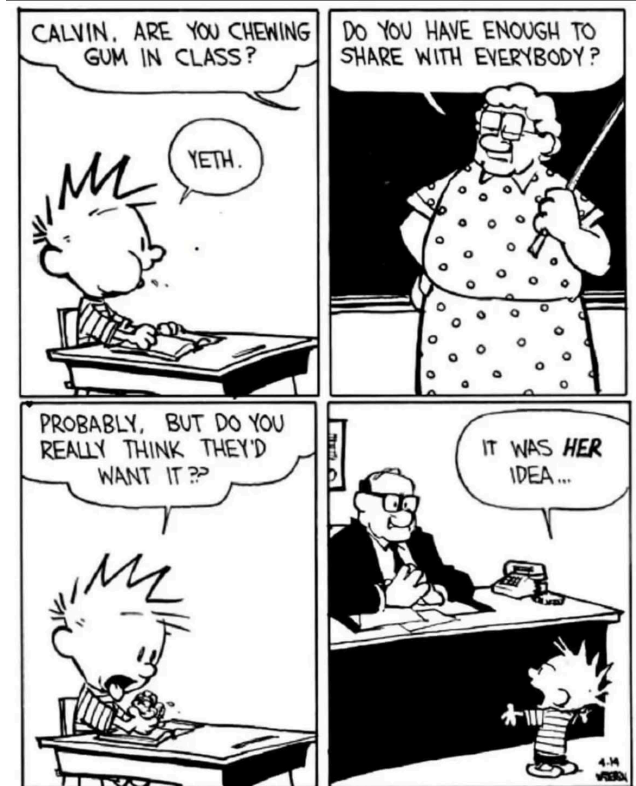
"All students will learn and grow academically, socially, emotionally and physically!"

"Life isn't perfect, any failures you have are actually learning moments. They teach us how to grow and evolve."

~ Phillipa Soo

Dates to Remember

- April is Panther P.R.I.D.E. Month
- April 8: School Council & Friends of Pioneer Mtgs. 7:00PM
- April 19: Look-Alike (Twins Day)
- April 19: School Speech Competition
- April 22-26: Week of Band Performance Festival
- April 26: PD Day - No School for Students
- May is Panther P.R.I.D.E. Month
- May is Asian Heritage Month
- May 6-10: Mental Health Week
- May 6: School Council & Friends of Pioneer Mtgs. 7:00PM
- May 7: Grade 7 Swim Day (9:30-10:30)
- May 8: Hats on for Mental Health
- May 10: WCHS Indigenous Dance Showcase
- May 13-15: Band Camp Gull Lake
- May 13: Grade 6 PAT: French LA partie A
- May 17: PD Day - No School for Students
- May 17: Band Star Wars Trip
- May 20: Victoria Day - No School
- May 21: Grade 6 Swim Day (9:30-10:30)
- May 22: 7/8 Band Performance at Festival
- May 23: Grade 5 Orientation Day
- May 28: AHS Immunization Day
- May 28: Grade 8 Swim Day (9:30-10:30)
- June is Panther P.R.I.D.E. Month
- June is Indigenous People's History Month
- June 3: School Council & Friends of Pioneer Mtgs. 7:00PM
- June 7: PD Day - No School for Students
- June 25: Year-End Awards, Grade 8 Farewell & Report Cards
- June 26: Last Day for Students



Items of Note

The **school grounds remain wet and muddy**. For their comfort, please remind your children to try to stay clean & dry while outdoors.

To avoid any eye injuries, we will be having an indoor lunch recess on Monday while the partial **solar eclipse** passes us by.

Adolescents and Sleep key points:

- Adolescents need 8-12 hours of sleep per night for their well-being.
- Adolescents often have a natural tendency to stay up late due to their changing biological clocks.
- Good sleep hygiene, limited screen time, and a consistent sleep routine can help improve teen sleep quality.
- For more information, visit <https://www.sleepfoundation.org/teens-and-sleep>.