



ÉCOLE **MOTHER D'YOUVILLE** SCHOOL

5330 Rue Parc Beaumont, AB T4X 1W4 Phone: 780.929.0792

**May 27th-May 31st**



## Important Notes:

- **MDY Grade 5 Heritage Fair:** Please consider attending our 5th annual Heritage Fair on May 31st.
- **Boston Pizza MDY Fundraiser:** Don't forget to save any receipts from visits to Boston Pizza. We have a BP's box at the main office. All receipts from Beaumont's BP's gives 5% to our MDY Fundraising society.
- **MDY Basketball Team Wrap Up:** Stingers Game This Sunday 4pm at Edmonton EXPO Center.
- **LDAA Track Meet:** Parents of track and field athletes please see important information under community news regarding upcoming track meet.



## Schedule:

### Monday, May 27th, Day 5 WC 2

- JH Soccer Competitive Make Up Game @Champs 4pm

### Tuesday, May 28th Day 6, WC3

- Defenders Rec: Soccer @ Beaumont Fieldhouse
- LDAA Track Meet for JH Track and Field Athletes. Buses leave at 9am and return before 3pm.

## Wednesday, May 29th, Day 1 WC4

- Soccer 5/6 Practice @ Lunch


## Thursday, May 30th, Day 2 WC1

- Soccer Competitive JH Game @ Champs
- Soccer Rec JH Game @ Leduc JH Lede Field B
- Defenders Rec:Swimming at LRC

## Friday, May 31st Day 3 WChoice

- Heritage Fair 1pm-3pm
- Gr. 5/6 Elementary Tournament 8 vs 8
- **Stingers Game June 2nd for JH Basketball Players 4pm start time**

## Community News (See below)



EDMONTON TENNIS COMMUNITY

**A GAME FOR EVERY AGE,  
TENNIS IS ALL THE RAGE!**

# TENNISfest 2024

## ABOUT US

In April of this year, Edmonton Junior Tennis Society (EJTS) and Tennis Edmonton Association (TEA) formally merged operations and became **Edmonton Tennis Community (ETC)**! Dedicated to promoting an active lifestyle for people of all ages and all communities, ETC is a non-profit that serves as Edmonton's premier destination for all your recreational tennis needs. **Edmonton Tennis Community is a place where every swing is a step towards building a healthier, happier community.**

### Who is it for?

Everyone! TENNISfest is a **FREE** event that is for all ages, whether you are 3 or 83!

### When?

Saturday, June 22, 2024 from 11 am - 2 pm

### Where?

Edmonton Expo Centre

### How much will it cost?

**FREE!** All you need to do is register for the event, but there is no cost associated to the event.

### What is TENNISfest?


TENNISfest 2024 is a **FREE**, large-scale TryTennis event. Interested in trying tennis, or learning more about how and where to play as we move into summer? This is the perfect event for everyone and anyone to try tennis!

This event offers all ages from 3 to 83+ the opportunity to get active and have fun playing tennis in a comfortable, weather-protected indoor space. Volunteers and members of the regional tennis community will also be in attendance to help you celebrate the arrival of summer and the outdoor tennis season.

### REGISTER NOW!

Kids and Adults ages 3-83 can register at:

<https://clubspark.ca/TENNISfest2024/Register>



### Contact Us

[www.edmontonjuniortennis.com](http://www.edmontonjuniortennis.com) P.O. Box 67007 | T5R 5Y3  
780-938-2136 [execdir@edmontonjuniortennis.com](mailto:execdir@edmontonjuniortennis.com)





# FSLW CORNER

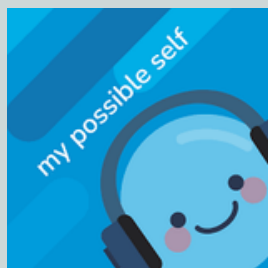
May 24/2024



"Divide each difficulty into as many parts as is feasible and necessary to resolve it." – Descartes



[HTTP://BEAUMONT  
LIBRARY.COM/  
SCAVENGER-HUNT](http://beaumontlibrary.com/scavenger-hunt)



## My Possible Self App

When your thoughts and feelings get out of control, it can be difficult to be your best self. MyPossibleSelf is a mental health app that allows you to take control of your thoughts and feelings so that you can be your best self. The app contains simple learning modules and acts as a journal allowing you to record your feelings and track symptoms as well as triggers.

## How Can I Get Better at Taking Tests?

1. **Go into the test with confidence. Make sure you've done enough studying to feel confident that you know the material.**
2. **Get enough sleep the night before the test. Your memory recall will be much better if you've had enough sleep. Don't Cram!**
3. **Put away all your study materials before the test. Don't frantically review the material 10 minutes before the test- it won't help you do any better. You'll save your mental energy for the actual test.**
4. **Listen closely to any instructions. As the teacher hands out the test, be sure you know what's expected of you.**
5. **Read through the test first. If something seems unclear before you start, don't panic: ask.**
6. **Answer the questions in any order. Don't get stuck!**
7. **Relax. If you're so nervous that you blank out, you might need a mini-break.**
8. **Running out of time? Do your best to answer the questions you can, and keep an eye on the clock so you know how much time is left for any remaining questions you still need to answer.**
9. **Finished already? Although most teachers will let you hand a test in early, it's usually a good idea to spend any extra time checking your work.**



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May 22, 2024

re: **Junior High Track and Field**

Dear MDY Parents, Guardians and Athletes,

On Tuesday May 28th, the bus for the LDAA Junior High Track Meet will leave MDY at 9:00am and return before 3:00 pm. Those running the 2000m race at 9:00am will ride with Ms. Leanne. You will be leaving MDY at 8:00am. The track meet is at the **John Bole Athletic Park** in Leduc. Spectators are welcome. In past years, there has been a concession, but bring a bagged lunch just in case there is not food available.

**The rainout date for the LDAA meet is Thursday, May 30th.**

Please bring the following items and be prepared to compete in a variety of weather conditions.

<b>Running Shoes</b>	<b>Rain Coat</b>
<b>MDY Singlet/Shirt</b>	<b>Bagged Lunch</b>
<b>Shorts</b>	<b>Water Bottle</b>
<b>Sweatpants</b>	<b>Sunscreen</b>

If athletes place 1st, or 2nd in their event at the LDAA meet, they will have the opportunity to compete in the **Zone 5 Track and Field Meet** in Sherwood Park on **Tuesday June 4th**.

Best of luck to all of our athletes.

Sincerely,

Ms. Leanne, Mrs. Nelsen and Mr. Proudfoot  
Coaching Staff



## LEDUC AND DISTRICT TRACK MEET

### Schedule for Field Events:

Time	High #1	High #2	Long Jump	Triple Jump	Shot Put	Discus	Javelin
10:00	SB	SG	JG	JB	JB	IG	IB
10:45	-	-	SB	JG	JG	JB	IG
11:30	IB	IG	SG	SB	SB	JG	JB
12:15	-	-	IB	SG	SG	SB	JG
1:00	JB	JG	IG	IB	IB	SG	SB
1:45	-	-	JB	IG	IG	IB	SG

### SCHEDULE FOR RUNNING EVENTS:

**Please note that running events take priority over field events.**

**(If you are competing in the long jump and in the 100m race at the same time, check in at the long jump, then go to run the 100m race and then go back to the long jump pits.)**

Races will be run in the following order:

9:00 am  
2000m (Female)  
2000m (Male)  
200m Finals  
800m  
100m heats  
400m timed finals  
1200m girls  
1200m boys  
100m finals  
Relays

For each race, age group order goes as follows: JG, IG, SG, JB, IB, SB