

Breakfast will be served each morning from 8:30 – 9:00 on the Orillia side of the building by the door nearest the kitchen until the last day of school. Thank you to Mrs. Schubert, Mrs. Easton and the volunteers for all their hard work this year. We'd like to acknowledge Save-On Foods (Tillicum), President's Choice Children's Charity, Breakfast2Music, Andrew Moffat/Heron Rock Bistro, Singing Granola Bowls and the Victoria Foundation for their financial support.

Drop-in lunch time activities with Christian from Burnside-Gorge Community Centre will continue on Mondays, Tuesdays and Thursdays from 11am – 2pm on the Maddock tarmac/playground area.

Our school received a micro-grant this year from ParticipACTION. Students and staff will take part in our own "Community Better" Challenge starting on May 31 and running until June 13. Canadian High Performance coach, Kelly Guest, will be hosting six 15 minute virtual workouts designed especially for our students. During that 2 week period, classroom teachers will have access to the videos Monday, Wednesday and Friday so students and staff can move together. Everyone is encouraged to do "homework" by being active on Tuesdays, Thursdays and over the weekends and track their "move" minutes along with us. Our goal is to collectively achieve 150,000 minutes during that time.... But, we can do way better than that!! We encourage you to support our effort by taking family walks or playing in the park – daily! It's a great way to bond, promote health and connect with nature.

Our Tillicum "Community Better" event is registered in a nation-wide ParticipACTION "Community Better" challenge and we can continue to track our move minutes through the whole month of June. If we get everyone moving we will be eligible for prizes – including a \$100,000 grand prize for our community.

Go to <https://www.participaction.com/en-ca/programs/community-challenge> to download the tracking app and for links to lots of fun activities that you can do as a family. Support our Tillicum Community Better Challenge by getting active!

Thank you to Ms. Saniszlo helping out with our challenge. We would also like to acknowledge and thank Saanich Parks, Recreation and Community Services, the Government of British Columbia - ASSAI, the Government of Canada - ParticipACTION, and Tillicum PAC for the support that has made our participation in this event possible.

It has been such a challenging year for everyone and I would like to give a special shout-out to our school dog, Tilly and her handler, Kate Beaulac. Your presence has enriched and enhanced our experience this year. Thanks to University of Victoria for their support and research on our Tilly Project, to Aviva Shtull our trainer from Baby Dog, who has been instrumental to our success, to Kate and her family for the hours of work and training they have committed to with Tilly and a special thanks to the Oak Bay Rotary Club who have provided financial support for this project!

### ***All spring term after-school programs will end the week of June 14-18.***

Thank you to families for being flexible, supportive, and understanding as we've navigated many new programming challenges this school year.

Finally, a big thank you to School District 61, The BC After-School Arts and Sports Initiative (ASSAI), the District of Saanich Parks, Recreation and Community Services, Canadian Tire Jump Start, HEROS Hockey, Jr. NBA Canada, The Burnside-Gorge Community Association, The Victoria Foundation, Saanich and Victoria PD and PISE for the financial and programming support that make our after-school programming possible.

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