

JMCC SA

CONNECTING TOGETHER

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NOT ANOTHER EMAIL

We are not trying to fill your inbox with another email.


We want to provide you with some encouragement during these challenging times and let you know that "You 've Got This!"

We are here to support you in whatever way we can .

BRAIN BREAK

mother's day search

aunt love
daughter may
family memories
flowers mother
gifts son
grandma sunday



a n m a y i k r e d c s
f l o w e r s + c k i w
d e + l k v b g i f t s
n u h + r e a c m a o p
h v e u r e a c n m p l
y + r z m e m o r i e s
q a f f h a b y + l o o
l c v + s u n d a y i n
o a g r a n d m a z n +
v j e w r + h u o p y r
e a q w v b h u j r t o
p d a u g h t e r v f s

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MEMORY LANE

What will you remember about COVID-19?



Will you remember being stressed about working from home or reading a book to your child?

Will you remember not being able to go socialize or will you remember that your children were home safe with you?

What will you remember?

What will they remember?



SCHOOL RESOURCES

Did you know that you can visit our website at school.jmccentre.ca for the most up to date information about school closures and how to access virtual learning.

You may also visit our NEW JMCCSA Parent Portal by visiting <https://sites.google.com/jmccsa.com/parentportal/home>

Bookmark the link as your favourite on a phone or tablet for quick and easy access!

LET'S BE REAL

Is this what you expected your time at home to be like during COVID -19?





Lets be real.... this might happen for 5 minutes but this is reality....



DID YOU KNOW

Did you know that learning happens around us all the time. You are teaching even when you don't realize it.

Here are 5 Everyday Activities That Count as Learning.

1. Cooking/Baking 
2. Checking the Weather 
3. Listening to Music 
4. Imaginative Play 
5. Reading 

You probably do these activities daily. So next time you eat or read a book together remember they are learning!

DAILY CHALLENGE

Monday - Today I will take a deep breath and appreciate freedom in our country. Followed by 1 jumping jack.

Tuesday- Today I will let someone I love know how much they mean to me. Followed by 3 jumping jacks.

Wednesday- I today I will take 3 pictures of loved ones when they are not paying attention. Followed by 5 jumping jacks.

Thursday- Today I will declutter the kitchen junk drawer. Followed by 8 jumping jacks.

Friday-Today I will write down all the good things I did for strangers this year. Followed by 10 jumping jacks.

Saturday- Today I will write down my goal of how many jumping jacks I will do by a specific date without running out of breath.

Sunday- Today I will appreciate today and live in the moment.



COMMUNITY RESOURCES

Windsor-Essex Food Helpline



Call (888) 488-1578

Mon-Fri | 8:30am-8:30pm

Emergency food for low-income families and seniors who are self-isolating or require access to prepared meal

CALL 2-1-1

7 days a week/24 hours a day

Information on local social, government and health services.

Available in over 100 languages.