

# ASAA MARCH CONNECTIONS

## FSLW UPDATE

Hello, ASAA families! March brings a sense of renewal with the arrival of spring. This month, let us focus on mental health awareness, reminding ourselves to prioritize self-care and seek support when needed. As we embrace the season of Lent, may we use this time for introspection and spiritual reflection, finding moments of peace and purpose. Let's welcome March with open hearts, minds, and a commitment to nurturing our well-being amidst the blossoming of the world around us. Together, let's cultivate a community that supports each other on our journeys of growth and renewal.

## BOOK OF THE MONTH

It is often said that life is a journey. However, sometimes it's hard to know which path to follow when signs point in so many directions. "The North Star", by Peter H. Reynolds encourages readers to observe, to wonder, and to consider diverging from the well-worn path to pursue their dreams.

1. Make a list with your child that includes their favorite subject at school, a favorite game or sport, something they like to do at home, and something they would like to learn how to do
2. Please see attached activity!

PETER H. REYNOLDS

### The North Star



Ask yourself where it is you want to go...

## CONTACT INFO

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## EVENTS AND WORKSHOPS

- Please check out Beaumont FCSS on Facebook. They have partnered up with TACIT Knowledge to host a free 4 week online zoom program covering the topic: Supporting Someone Who Is Dealing With a Mental Health Issue. Email [FCSS@beaumont.ab.ca](mailto:FCSS@beaumont.ab.ca) or call 780-929-1006 to register.
- Follow Bibliothèque de Beaumont Library for the latest free events and programs for children. Check out their Facebook Page for more information.

## LEADERSHIP CLUB CORNER

- Keep an eye out for the Spirit Day Posters around the school-- all made by our wonderful club!
- March 8 - Backwards Day
- March 15 - St. Patrick's Day (wear green)

# ALL ABOUT ME



something I like  
to do at home



something I want to learn how to do

favourite game

favourite subject