

**MONDAY, MAY 25 - MINDFUL MONDAY**

Bring \$2, and it's a N.U.T Day (No Uniforms Today)! Mindful Mondays are a S.M.A.C. (Students Making a Change) initiative with money going towards the Lenten Christian service project: Inner City Youth Alive. On non-uniform days, students must adhere to appropriate dress code. Disrespectful slogans on t-shirts, crop tops, and torn or tattered jeans are not permitted. Thank you for your cooperation.

**PIZZA LUNCH DAY!**

Pizza is sold for \$2.50 per slice (cheese or pepperoni). Students bring their pizza money by Tuesday morning and order through their homeroom teacher. Pizza must be ordered by noon - no late orders! Other food and drinks can be brought from home to supplement snack time and lunch.



**ORDER** day: Tuesday, May 26, 2026 **LUNCH** day: Thursday, May 28, 2026

**GRADES 5 & 6 BASKETBALL TOURNAMENTS**

Hosted at IHMS, teams from other schools will participate in a basketball tournament starting at 4:00PM and continuing into the evening.



Grade 5 & 6 Boys Tournament - Wednesday, May 27, 2026

Grade 5 & 6 Girls Tournament - Thursday, May 28, 2026

A canteen service has been organized by the IHMS Parents' Guild for players to purchase snacks starting at 4:00 PM. Thank you to Mr. Dedio for his efforts in organizing the Tournament. All parents and guests are encouraged to come out and cheer on the teams!

**THURSDAY, MAY 28 - ORATORICAL CONTEST**

Three representatives from each of the 6-8 classes (nine finalists) will present their speeches at 9:00 AM in the school gymnasium during the Annual IHMS Oratorical Contest on Wednesday, May 28. Public speaking... it's a great life skill!

**THURSDAY, MAY 28 - KRISPY KREME DONUTS ORDERS DUE**

As Grade 8 Graduation approaches, IHMS families are invited to participate in a Krispy Kreme Donut Fundraiser. Original glazed donuts will be sold for \$16.00 per dozen. Order forms were sent home on Tuesday, May 19, 2026 and are due on Thursday, May 28. Orders will be available for pick up on Wednesday, June 10. All proceeds from the fundraiser will support the Grade 8 Graduation. Thank you for your support!

**FRIDAY, MAY 29 - ROSARY PRAYER SERVICE**

Please join us for our dedication to Mary at 9:00 AM. A special prayer celebration and procession will take place, with the whole school walking and praying together as a community. **Students are encouraged to bring a rosary on this day.** If a student isn't able to bring a rosary, the school will provide one or perhaps a creative alternative! All are welcome to join the prayer service.

**HEALTHY SCREEN USE**

Technology has become a big part of our daily lives. Many parents and families are navigating the use of screen time, social media, gaming and phone use. **Research continues to show that setting healthy boundaries around screens is important for children's sleep, mental health, social development, attention and overall well-being** - especially in the elementary school years (Kindergarten - Grade 8)!

One of the most effective things parents can do is stay involved:

- Know what apps and games your child is using.
- Set screen time boundaries through parental controls on your device like **Family Link** by Google.
- Keep devices out of bedrooms at night. Turn off device at least an hour before bedtime.
- Create screen-free family time.
- Have regular conversation about online safety and respectful digital behaviour.



Children benefit from clear expectations and consistent routines around anything, including technology use. For families looking for **practical tips and age appropriate guidance**, the Canadian Pediatric Society has created a collection of resources for parents and caregivers. Click [Health Screen Use Resource Library HERE](#). Working together, we can help children build healthy, balanced relationships with technology both at school and at home. Manitoba Education now has a **provincial cellphone guideline for schools** to help reduce distractions and support student learning. You can find [the news release HERE](#). At our school, we strongly encourage students to leave phones and smart devices at home. **If a student MUST bring a phone to school, it is expected that the device be turned off and brought to the office for safekeeping during the day.** Thank you for partnering with us to help build a healthy, balanced relationship with technology!!

**2026 PROGRESS IN INTERNATIONAL READING LITERACY STUDY (PIRLS)**

Canada is participating in the 2026 Progress in International Reading Literacy Study (PIRLS). PIRLS is an educational assessment project sponsored by the International Association for the Evaluation of Educational Achievement (IEA). PIRLS is investigating student achievement in reading literacy across more than 50 educational systems worldwide. The Grade 4 class will take part in the assessment on May 26 and 27. The assessment is done completely online.

**MAY**

- 25 Mindful Monday - bring \$2 and it's a N.U.T Day
- 26 Grade 4 PIRLS Assessment
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- 26 Pizza Order Day
- 27 IHMS Gr. 5 & 6 Boys' Basketball Tournament
- 28 IHMS Gr. 5 & 6 Girls' Basketball Tournament
- 28 Pizza Lunch Day
- 28 Krispy Kreme Donut Orders Due
- 28 IHMS Annual Oratorical Contest
- 29 9:00 AM Rosary Prayer Service

**JUNE**

- 2 Solemn Holy Communion Divine Liturgy
- 3 K - 3 Field Day
- 4 Grade 4 Field Trip
- 4 Grade 8 Grad Dinner Replies Due
- 5 MCSAA Track Meet - Grades 7 & 8 at U of M
- 8 MCSAA Track Meet - Grades 4, 5, 6 at U of M
- 10 Krispy Kreme Donut Distribution
- 10 Last Uniform Shop Open 3:00-5:00 PM
- 11 2:00 PM EARLY DISMISSAL - Staff Meeting
- 16 Pizza Order Day
- 18 Pizza Lunch Day
- ?? Grades 7 & 8 Exam Day (date to be confirmed)
- 19 NO CLASSES - Inservice Day
- 23 1:30 PM Grades 5-8 Annual Awards Day
- 24 Grades 2 & 3 Field Trip
- 25 1:00 PM Graduation Divine Liturgy at Cathedral
- 25 5:00 PM Graduation Dinner & Dance
- 29 Last Day of School / Report Cards Sent Home
- 30 NO CLASSES - Inservice Day

**MANITOBA CATHOLIC SCHOOLS' SOCCER**

Last week, TWO IHMS Soccer Teams participated in the Manitoba Catholic Schools' Soccer Tournament. Thank you to Mr. Dedio for his coaching expertise and to the assistant coaches Mr. Szun (Boys team) and Mrs. Wozny (Girls Team). The girls team tied for 3rd place and the boys team lost in the quarter-finals.

**VOLUNTEER PROGRAM**

If you still have hours to complete, there are jobs available under the June tab. Please click [here](#). Thank you for your helping hands!

**PARENTS' GUILD NEWS - SCHOOL PICNIC**

The IHMS Family Picnic is an annual community-building event scheduled for Wednesday, September 23, 2026. This event is entirely run by volunteers. Meetings will begin over the summer, typically held online. Our current coordinators include: Yana Kostiuikova, Heather Stephen, Olha Tovarnytskyy, Cristina de Leon along with other Parents' Guild representatives. Items to coordinate include, food, prizes, activities and decorations. If you are interested in joining the team, please let the office know! Volunteers must be available from 1PM on the day of the picnic.

