



The sun is out today and it is looking and feeling like Spring. We've had a great basketball season, the term 2 report cards went home yesterday, we're having school-wide runs and our competitive Fun Runs, and today was Pizza Day. Tomorrow is the first day of our Spring Break. Life is good!



It has been great to see the enthusiasm and effort from the students with the new running program. I would also like to offer a big "Thank You" to the parents who have purchased proper running shoes for their children. It makes a big difference in comfort, safety, and performance.

In terms of our school-wide Cross Country Running Program, we are well past the half-way point of running across Canada. In fact, we as a collective, have run nearly 4400 KMs, and are now in the nation's capital city, Ottawa Ontario.

For our Fun Runs, there are competitive races that students volunteer to enter. These races are more competitive in nature and students race against their similar-aged peers. Not only is this program assisting our runners with their strength and stamina, it is fostering a lot of school spirit, and moxie. So far we have only had time to do races with the Intermediate students. After the spring break we will have races with the Primary students as well. Any training you can foster over the spring break would be awesome! We'll host these races several times per year as we lead up to our Track and Field Meet later in May. The students' tiger stripes are showing with their determination and grit. To get a sense of what the students are thinking after their experience, read some of the written reflections from our grade 4 and 5 students. The gold, silver and bronze results (for the races we've run so far) are shown below, as are pictures of the proud recipients.



### **Student Reflections about the Fun Runs:**

*I felt very confident. At first, I was jogging with really big steps. Later on in the race, I kind of sprinted. What helped me a lot was the thinking I did in my head. I said, "You can do this!" -Kana*

*I felt so tired and proud of myself because I was number 2 and I think I can improve and become number 1 next time. Saiya was number 1 this time. I'm not 'that' determined, but still very determined to become number 1 next time. What kept me going was that I was thinking and talking to myself that "I can do it! Just one more lap and then I'm done!" I felt*

like I was dying and running out of breath (not to be dramatic). What was great about the race was that I could cheer everyone else on that was participating and I felt great because I could encourage them and tell them they did great.  
-Vickie

The Fun Run: I felt very good when I was running because....

1. There is a competitive part.
  2. There's time to improve in between.
  3. When you are running it feels like it is just a friendly race.
- Rohin

I think this fun run is the greatest. Not just because I got 2<sup>nd</sup> place it's because I have friends there on the field to support me! I loved this fun run. I enjoy running, I liked watching my friends cross the finishing line, it made me and the person happy I showed sportsmanship by congratulating everyone who crosses the finish line. Jogging at first helps me improve my speed for the final lap. Mr. B. always says jog at first, and then think about why you are determined to complete this competition. I will be determined to make the final 3 (next time). - Arwen

This Fun Run was so epic! I wasn't running but I was there to support my friends. I was so happy for my friends when they all came sprinting to the finish line. I might join next time. I know I will have to work hard if I want to make it out on top! But I'm 100% sure that I will be really nervous. I can't wait! - Shawna

		THOMPSON FUN RUN RESULTS					
		DATE:		March/April 2018			
		GOLD		SILVER		BRONZE	
		NAME	TIME	NAME	TIME	NAME	TIME
KINDERGARTEN	BOYS						
KINDERGARTEN	GIRLS						
GRADE 1	BOYS						
GRADE 1	GIRLS						
GRADE 2	BOYS						
GRADE 2	GIRLS						
GRADE 3	BOYS						
GRADE 3	GIRLS						
GRADE 4	BOYS	Rohin	5:13	Allen	5:16	Michael	5:58
GRADE 4	GIRLS	Saiya	5:24	Vickie	5:26	Kana	5:34
GRADE 5	BOYS	Cach/Alex	4:36	Peter	4:38	Yaser/Josh T	4:48
GRADE 5	GIRLS	Riley	5:03	Arwen	5:12	Nicole	5:14
GRADE 6	BOYS	Skye	4:24	Jake	4:39	Daniel	6:07
GRADE 6	GIRLS	Ashna	4:31	Batool	4:36	Noa	5:23
GRADE 7	BOYS	Omar	4:21	Neo	4:32	Aithan	4:46
GRADE 7	GIRLS	Nisha	4:27	Christy	4:48	Amber	4:49



## Important Dates:

### **March 16 to April 2 Spring Break and Easter Holidays (no school for students)**

April 3	School Re-opens
April 6	Pizza Day
April 10	Class and Panorama Photo Day
April 12	Movie Night
April 13	Pizza Day
April 18	PAC Meeting at 9:00 a.m.
April 20	Staff Appreciation Lunch
<b>April 23</b>	<b>Professional Development Day- No school for students</b>
April 27	Hot lunch Day

May 3	K and Grade 6 Immunizations
May 4	Pizza Day
May 9	Welcome to Kindergarten at 1:15 p.m.
May 11	Pizza Day
May 16	PAC Annual General Meeting at 9:00 a.m.
<b>May 18</b>	<b>Professional Development Day- No school for students</b>
<b>May 21</b>	<b>Victoria Day- No school</b>
May 22	Track and Field Day at Minoru Park
May 24	Parent Volunteer Appreciation Lunch at 12:15 p.m.
May 25	Hot lunch day

June 1	Speed Control Rock Band Concert 1:30p.m. - "Dress like a Rocker" Day
June 8	Pizza Day
June 8	Sports Day
June 12	Band Concert at 1:30 p.m. and 6:30 p.m.
June 22	Year End Assembly at 1:30 p.m.
June 27	Grade 7 Farewell Dance 4:00 p.m. to 7:00 p.m.
June 28	Last Day of School Grade 7 Farewell Assembly at 9:00 a.m.



*Follow us on Twitter @thomptiger1  
or on Instagram @thompsontigers*

(we post on Instagram almost daily)