



Friday, May 8, 2020

Dear Livingstone Students,

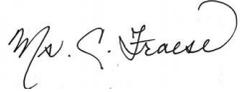
It has been a glorious week of sunshine that brings with it the promise of summer. We are very fortunate that we haven't been on full lockdown like in Italy. My cousin and her family were not allowed to leave the house at all, except to go to the grocery store. We have been lucky to be able to go outside and walk and ride bikes as long as we keep the two-metre physical distance. Dr. Bonnie Henry also tells us that the COVID-19 virus is less likely to spread outside. You may have seen yesterday on the @LivingstoneVSB twitter feed, that a couple of people were exercising just outside the school with a personal trainer.

Students have been active connecting with their teacher and with their peers online in a number of ways. Many students have been talking about getting out in the garden and planting things. May is the perfect month for that. I heard someone speaking on CBC News the other day. They were talking about growing things from household scraps. I'm always up for an experiment so I got to work. I went into the fridge and cut the tops off some carrots and put them in cups with water in the bottom. I took off all of the big stalks of celery and just left the inside leaves on and put that in a cup with water in the bottom. I did the same thing with the lettuce scraps. I also took the pit from an avocado and stuck three toothpicks in it and put it in a cup with enough water to cover half of the pit. They are all in windowsill that doesn't get too much direct sun. The trick is making sure not all of the water evaporates. If that happens, the fragile roots will dry up. Once the roots are bigger and it warm for a long time, I'll put them in soil outside. I'm curious to see if they grow into plants. Fingers crossed.

Remember this weekend is Mother's Day. It is ALWAYS a good idea to show your Mom and Grandmas that you appreciate all they do for you. My favourite Mother's Day has always been a special meal together, chore coupons and no fighting if you have a sibling 😊

Happy Weekend!

From,

A handwritten signature in black ink that reads "Ms. Froese". The signature is written in a cursive style with a large, looping flourish at the end.

Ms. Froese - Your Principal