

# East Williams Memorial School News

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<http://www.tvdsb.ca/EastWilliams.cfm> @EastWilliams

*We are all in this together!*

**May the 4th Be with YOU!**



**Put on your Superhero Outfit and post it on our Facebook Page!**

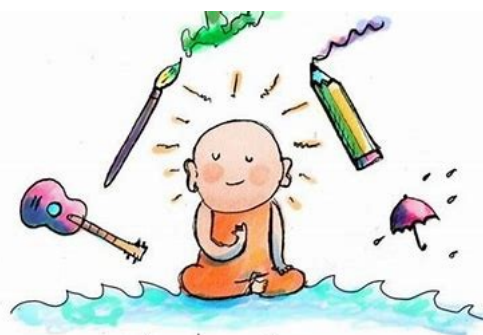
**We are all Superhero's at East Williams!**



*Visit our Virtual Calming Room*

<https://sites.google.com/gotvdsb.ca/east-williams-virtual-calming/home>

- Supports / Mental Health / Help Line
- Apps / Resources
- Puzzles/ Games
- Stretching / Yoga
- Meditation
- Visual Relaxation
- Colouring
- Sounds & Music



*A calm mind is a creative mind.*

Thank you Madame Wrightman for making this accessible!

HOME OF THE  
**EAGLES**



S. Young, Principal

A. Porter, Administrative Secretary

R. Kuiper, Superintendent

A. Amorel, Trustee

S. Hunt, Trustee

Mental Health  
Awareness Week



Graduation & Sibling Photo  
Questions

Please call Life Touch

Phone: 1 (800) 505-9496



**Need Help? Have a Question?**

Calls and emails are checked regularly. Please call us at 519-232-4505 or email us at [eastwilliams@tvdsb.ca](mailto:eastwilliams@tvdsb.ca) and we will get back to you as soon as possible.