



# McKenzie Weekly

Friday, February 11, 2022

## Mark your calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
14	15	16	17	18
Pink/Red/White Day				Pro-D Day – No students in session



## Dates to Note:

- Feb. 21 – Family Day Stat
- Feb. 23 – Pink Shirt Day
- Mar. 9 – Div. 1 HCP Field Trip
- Mar. 13 – Daylight Savings begins
- Mar. 14 – Div’s 1 & 6 skating
- Mar. 16 – Spirit Day
- Mar. 17 & 18 – Strong Start closed for cleaning
- Mar. 21-Apr. 1 – Spring Break
- Apr. 4 – First day back



**SIBKIDS** is a recreational support group where kids with siblings with special needs can meet new friends, play games, participate in art projects and discussion activities, and receive support around the unique issues they experience. **SIBKIDS** is being offered in Victoria by Community Options for Children and Families on Saturdays: February 12, March 12, April 9 and May 14.

Each of these professionally-facilitated sessions includes games, crafts, discussions, healthy snacks and a lunch break. The cost per child per session is \$30.

Participants can register for 1,2,3 or all 4 sessions.

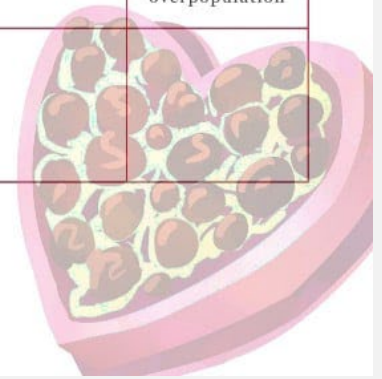
Fee subsidies or waivers are available if cost is a barrier.

For more details call Carla Hyslop at 250 380-6363 or check out the COCF website: [COCF.ca](http://COCF.ca)



# February Acts of Kindness Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Wave hello to other drivers and/or pedestrians	2 Wear red to raise awareness for cardiovascular health	3 Leave a thank you note/gift for your mail carrier	4 Leave a love note where a loved one will find it	5 Leave spare change in a vending machine	6 Send a card to a friend to say you are thinking of him/her
7 Compliment someone	8 Surprise office staff with a pie	9 Babysit for a friend for free	10 Invite a new friend to coffee or breakfast	11 Shovel snow for a neighbor	12 Deliver boxes of tissues to a classroom or office	13 Pay for the person behind you at a toll booth
14 Hand out Valentine's cards to friends or family who won't expect it	15 Pay a compliment to someone in a bad mood	16 Perform acts of kindness all day for RAK day!	17 Park far from the entrance to leave closer spots open for others	18 Leave hand lotion in a public restroom	19 Donate canned foods to a local food pantry	20 Give a family member a back rub
21 Pay someone's parking meter	22 Bake banana bread for your friends and neighbors	23 Walk someone's dog	24 Donate dental hygiene products to a local shelter	25 Volunteer to read fairy tales at a local	26 Call or e-mail your parents	27 Use #SpayDayUSA on social media to raise awareness of overpopulation
28 Fill a bird feeder						



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**How many masks should my child take to school?**



**We continue to have several students coming to school without a mask. This means we are having to hand out upwards of 15 masks daily which is a cost to the school. As you can imagine our school budget is slim and we are reminding parents to please send your child with at least 3 masks per day to school. These should be kept in their backpacks so that if they lose one, or one becomes dirty they can replace it within the classroom.**

**Thanks for your support with this!**

# COVID-19 Update

In addition to the summary sheet on the following page, visit this link

<https://www.sd61.bc.ca/covid-19/> for the District's COVID webpage where the most up to date information from the BCCDC is available.

## COVID Update

January 28, 2022

### Summary - What to Do When Sick:



### What to do if someone is sick in your household:

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19. Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you feel unwell. The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at: [Getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca)





## MENTAL HEALTH AND WELLNESS SNAPSHOT

SUPPORTING OUR STUDENTS BY SUPPORTING THOSE WHO CARE FOR THEM

### Bullying Prevention and Intervention

Unfortunately, peer bullying is still an issue for today's children and one that often requires adult intervention. Young children have no special protection and must rely upon adults to keep them safe.



### Pink Shirt Day ~ February 23, 2022

This year's theme is Throwback!

Wear your old pink shirts from years in the past to show your support against bullying.

