



McKenzie Weekly



Friday, February 10, 2023

McKenzie Elementary School wishes to recognize and acknowledge the Esquimalt and Songhees Nations, on whose traditional territories, we live, we learn, we play and we do our work.

Principal's Message:

It was so wonderful to see so many families last week in the school. We had almost 75% of all of our families participate in Student Led Conferences, which was wonderful. The Art Show was a huge success as well; we have such talented children in our building. Friday night was hopping with all the families that attend the PAC sponsored Valentine's Family Dance. Thank you so much to our hard-working PAC members for all of the set-up of the amazing decorations, food, music, lights and clean up at the end. Everyone had a such a great time.


We have another couple of busy weeks with our Jump Rope for Heart activities, various skating trips, the Victoria Symphony, etc. Please be sure to check the dates below to see if you child's class is out of the building.

This Friday our staff will be attending a variety of professional development workshops across the lower island. Please remember that Monday is also Family Day; a statutory holiday, so the students will have a 4-day weekend.

Have a wonderful week everyone!

Carmen

Mark your calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
Feb. 13	Feb. 14 Jump Rope for heart stations  Happy Valentine's Day	Feb. 15	Feb. 16 Skating Div. 2 & 9	Feb. 17 Pro-D Day (no school for students)

UPCOMING DATES TO NOTE:

- Feb. 20 – Family Day (**No school**)
- Feb. 21 – Nisga'a New Year Hoobiyee
- Feb. 21 – Jump Rope Workshop
- Feb. 21 – Gr. 4/5 basketball game @ Marigold School 3-4pm
- Feb. 22 – Strong Start Closed
- Feb.22 – Pink Shirt Day – Assembly 9:15
- Feb. 23 – Skating Divs. 8 & 11
- Feb. 23 – Victoria Symphony 10:30-12:30 for Divs. 1,2,3
- Feb. 24 – PAC Hot Lunch
- Feb. 24 – Jump Rope Workshop

Snapshot:

February's SD61 Snapshot focuses on conflict resolution. Please visit the following link if you would like to review: [Oh Good, The Kids Are Fighting Again](#)

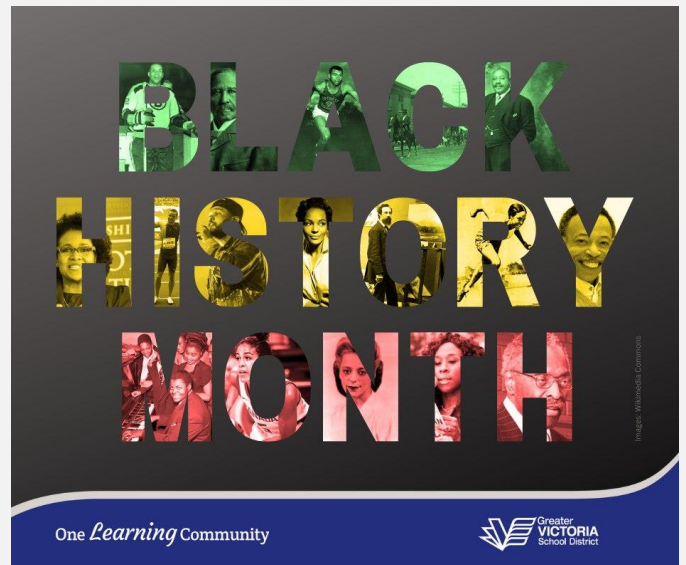


Black History Month:

For Black History Month, SD61 has created a page on the District website profiling and celebrating Black Canadians, recognizing their roles in shaping our local communities, our province and our country.

In addition, the webpage outlines local events taking place in the capital region to celebrate the month through art, music, film, etc. Please visit the following link for additional information.

<https://www.sd61.bc.ca/news-events/news/title/february-marks-black-history-month-a-time-to-celebrate-black-canadians/>



Jump Rope for Heart:



Jump Rope for Heart is the school event that nobody wants to skip! Students discover fun ways to get active, practice healthy habits and learn about helping others while raising money to beat heart disease and stroke.

We recently hosted our Jump Rope for Heart kick-off assembly to launch this year's program. From now until our Jump Event, students will learn fun ways to get active for heart health while raising awareness and support for Heart & Stroke. Jump encourages kids to be active and live healthily. A lesson they will value for life! Kids can move their way by jumping, dancing, wheeling and more, on their schedule, at school or home.

Clothing Exchange:

The Clothing Exchange is a FREE resource for ALL McKenzie families, it also comes in handy when kids have accidents or falls at school. Come check out our selection of gently used items and take home what your family needs, it's good for the environment and the pocketbook!



If you'd like to donate, we're also always looking for freshly laundered (we don't have washing machines available) gently used items for sizes preschool to pre-teen, especially pants, outerwear, rain wear, and boots.

Need help with lunches?

We receive some supplies from the Kids Klub organization to provide a handful of lunches to students in need. If you would like us to add your child to the list, please let me know.

cgauvreau@sd61.bc.ca



REMEMBER ... to please dress your child suitably for outside weather. The children go outside daily, regardless of weather. A change of clothes kept in their backpack can also be handy for when they come in for the rainy weather.

CHILDHOOD STRESS & ANXIETY BUILDING RESILIENCE

EMPOWERING STRATEGIES

EFFECTIVE SUPPORTS



VIRTUAL ZOOM Presentation and Discussion By:

Julie-Anne Richards, M.A., R.C.C., C.C.C.

Registered Clinical Counselor, Psycho-educational Consultant

www.JulieAnneRichards.com

6:30-8:00 pm

Thursday

February 16, 2023

**PLEASE REGISTER USING
EVENTBRITE LINK BELOW**

ZOOM PRESENTATION

Tailored for Parents,
Caregivers and Educators
supporting children
ages 5 - 12

Free Event!

REGISTRATION REQUIRED (click or copy and paste in browser)

<https://www.eventbrite.ca/e/free-virtual-presentation-on-childhood-anxiety-by-julie-anne-richards-tickets-527948938487>

THE ZOOM PASSCODE WILL BE EMAILED TO ALL THOSE REGISTERED FEB. 16

This Presentation is structured for an Adult Audience

Inviting all parents, caregivers and educators of children on Vancouver Island

Funded by the Eric Palmer Memorial Foundation www.ericfoundation.com