



# McKenzie Weekly



Friday, April 28, 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:

Welcome to the end of April!

As the weather is beginning to warm up (finally!) we have begun to see a number of students bringing sports drinks to school; specifically a drink called PRIME. The website of this specific drink clearly states that: *“Prime Energy is not recommended for children under the age of 18, women who are pregnant or nursing, or individuals who are sensitive to caffeine.” Prime Energy is naturally flavored with 200mg caffeine per can (this is the equivalent of 6 cans of regular Coca-Cola).*




We strongly recommend that students only bring water to school to drink. Any type of sports drink should be carefully vetted by parents / guardians as many of them contain high levels of caffeine and other artificial ingredients. Consuming these types of drinks can have a dramatic effect on students' energy levels and ability to stay focused in class. Thank you so much for continuing to send healthy, nutritious snacks and lunches for your children. Please also remember that we can provide lunches and additional items for snacks if needed.

Take care and enjoy what is supposed to be a beautiful weekend.

*Carmen*

## Mark your calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
May 1	May 2 Young Entrepreneurs Fair	May 3 Class and Whole School Photos  <i>don't forget</i>  <i>TO SMILE</i>	May 4 Mini Rugby Jamboree @ McKenzie	May 5

## UPCOMING DATES TO NOTE:

May 9 – PAC Event @ Strawberry Vale (details below)

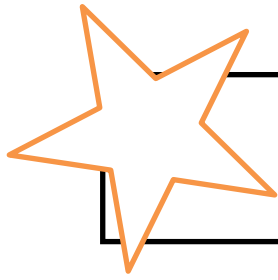
May 10 – PAC Meeting

May 11 – Div. 5 to Island View Beach

May 11 – Strong Start Closed

May 12 – Div. 11 to Bear N Bee Farm

May 12 – Rugby Jamboree 10am – 1pm @ Gordon Head Middle School



# Young Entrepreneurs Fair

Grades 4 and 5 students in Divisions 1, 2, and 3 participated in the **Powerplay Young Entrepreneurs** program. Students worked through the business plan model and created their own small business.

Our Young Entrepreneurs invite school staff, parents, and students to our market on **Tuesday, May 2**. Students will visit the market with their classes.

Students may want to bring a nominal amount of money in a ziploc bag for spending. There will be a variety of crafts and homemade items. Prices generally range from \$1.00-\$5.00 each.

We look forward to seeing you there!



**Date:** Tuesday, May 2nd

**Times:** 9:00 am – 10:00 am  
10:35 am – 11:45 am  
12:40 – 1:40 pm



**Location:** Big Gym at McKenzie



# Allison Rees

## Sidestepping the Power Struggle

**Tuesday May 9th 7:00pm - 8:30pm**  
**Location: Strawberry Vale Elementary School gym**

**Free parent education night**  
**brought to you by**  
**Strawberry Vale & McKenzie Elementary PACs &**  
**Strawberry Vale Preschool**

Well known Victoria Parenting expert, Dr. Allison Rees, is coming to Strawberry Vale Elementary on May 9th to present her much loved and highly recommended talk for parents of school-aged children:

### ***Sidestepping the Power Struggle***

An evening packed with valuable information and insight.

**Dr. Allison Rees**  
**LIFE Seminars**  
**Lifeseminars.com**



***Please join us for  
this in-person  
education night!!***

