



McKenzie Weekly



Friday, February 16, 2024

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 has been another busy and productive week. Our students have been actively involved with Jump Rope for Heart, reading/listening to daily Black History Month announcements, Lunar New Year celebrations & learning and Rainbow Flag Week acknowledgements.

The variety of clubs offered to students continues to grow and we are pleased to announce that two of our student teachers are now offering an Art Club on Thursdays as well as many other offerings.

Please be sure to read about our school Numeracy Goal and the February Math Challenge for families to participate in. These are described on the second page of this newsletter.

I hope you all have a great long Family Day weekend!

Ms. Carmen

FEBRUARY IS BLACK HISTORY MONTH

19th Family Day
 19-25th Heritage Week
 28th Pink Shirt Day

Mark your calendar:

Monday	Tuesday	Wednesday	Thursday	Friday
FEB 19 Family Day Stat. (school closed) 	FEB 20	FEB 21	FEB 22 Grade 4 students Symphony Concert 10:30- 12:30 @ UVIC	FEB 23 Div. 1&12 Skating

UPCOMING DATES TO NOTE:

- Feb. 28 – Pink Shirt Day Assembly @ 9am
- Feb. 29 – Parent Education Night sponsored by PAC
- Mar. 1 – Divs. 2 & 8 Skating
- Mar. 5 – VIKES Soccer Grades 2 & 3
- Mar. 6 – PAC Meeting (in-person)
- Mar. 8 – Hot Lunch (Pizza & Sushi)
- Mar. 15 – Report Cards available
- Mar. 18 - Apr. 2 – Spring Break
- Apr. 3 – First Day Back



*Thank you for supporting our
 Scholastic Book Fair!
 Our school sales exceeded \$5000.00
 with over \$2500.00 in credits to be used
 at our school!!!*


JUMP ROPE FOR HEART:




Well done McKenzie Community!! Our amazing little school raised \$1000.00 and reached our fundraising goal!



Four students from each class won prizes for participating in the Jump Rope event on Monday, February 12th. All students who raised money online will receive gift cards in the next few weeks. The following students were our top fundraisers: Charlie, Dylan, Ellie, Kate, Oliver & Penny. WAY TO GO!!



McKenzie Mathematicians



School Goal:

'We will continue to improve our numeracy skills within an inclusive environment, recognizing individual and personal strengths and needs.'

Teachers help build children's mathematical thinking at school. Families help build it at home. Research shows that an ongoing partnership with families can help children develop math understanding. (Math for Families, AchieveBC)

February Math Tip: Have Fun With Math!



Math is everywhere and it is important that we encourage children to have fun with math. Math can be explored by playing board games, cards games or any games with dice. Also, encourage children to explore puzzles, blocks and construction toys.

February Math Challenge

Charlie sees 3 buckets full of pencils sitting in his classroom. Each bucket has the same amount of pencils in them. What could be the total amount of pencils that Charlie counts in the classroom?



Find as many answers as you can and show your work! Please submit your response to the math entry box outside the office by Feb. 29 for a chance to win a prize.

MCKENZIE PAC NEWS:

PURDY'S CHOCOLATES EASTER FUNDRAISER:

Consider supporting our PAC by purchasing some sweet gifts for friends, family and yourself!

Join our group by visiting the following link.

<https://fundraising.purdys.com/1829933-116671>

Order deadline is February 27/24.

If you have any questions please email Lana at

lanahansen@hansenpearce.ca



A poster for McKenzie Parent Education. It features a light blue background with stylized blue hands and red hearts. The text is centered and reads: 'McKenzie Parent Education', 'Topic: Anxiety in Children', 'Presented by: Dr. Marei Perrin from Victoria Child and Family Psychological Services'. Below this is a rounded rectangle containing the date 'Thursday, Feb 29th', the time '6:30 to 7:30', and the location 'McKenzie Library'. At the bottom, it says 'Visit https://forms.gle/yHyoJYv3cuQjM96r8 to save your seat and ask questions for the presenter'.

McKenzie Parent Education

Topic: Anxiety in Children

Presented by: Dr. Marei Perrin
from Victoria Child and Family
Psychological Services

Thursday,
Feb 29th

6:30 to 7:30

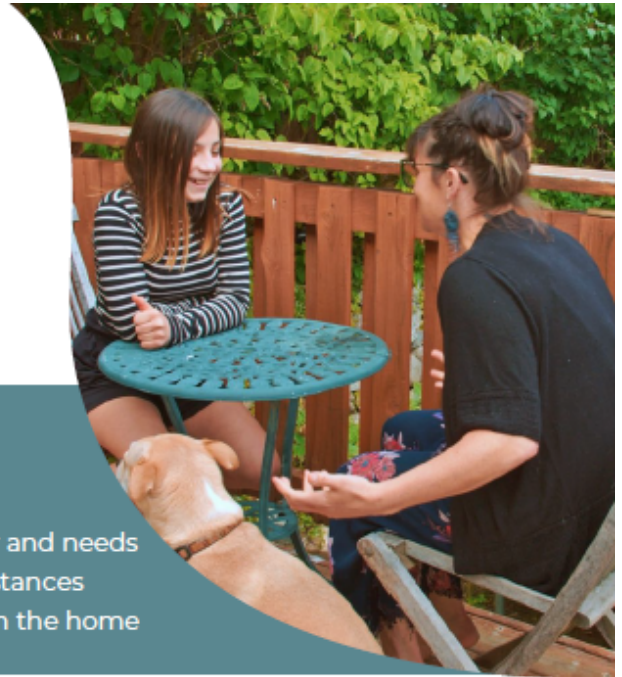
McKenzie
Library

Visit

<https://forms.gle/yHyoJYv3cuQjM96r8>
to save your seat and ask questions
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SUBSTANCE USE PREVENTION

An Online Presentation for Parents



KEY TAKEAWAYS

- Learn why children/teenagers are drawn to substances
- Understand what causes and maintains substance use disorder and needs
- Increase your child's ability to make positive choices about substances
- Acquire practical conversation tools for discussing substances in the home

Presentation Overview:

This presentation will focus on **tools and strategies** that you can use to speak to your children about substances in a way that encourages **positive decision-making** through a psychological lens. You will learn the causes of youth substance use and be introduced to a framework for **creating open communication** on this topic in your home.

There will be a focus on prevention and harm/risk mitigation in order to **empower** you to help your children think critically about their own behaviours, motivations, and choices.

In this session, you will be provided with the **specific language to use** when conversations arise about substances. There will also be opportunities to ask questions about the specific challenges you are facing with your children.

Online Session Information:

February 20th, 22nd or 28th

6pm-7:30 pm PST

Note. The same presentation will be delivered on each date

REGISTER



openp.co/Feb20

Presenter:

Dr Hayley Watson

Clinical Psychologist & Founder of Open Parachute

(PhD Clin Psych, MA Clin Psych, MA Transpersonal Psych, PG Dip Psych, BA Criminology)



Dr Hayley Watson is a Clinical Psychologist from BC, specializing in children and adolescents with a PhD in school bullying interventions, along with four further academic degrees in the field of mental health.

She has been working with young people and their families globally for the past 20 years.