



McKenzie Weekly



Friday, January 6, 2026

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.

Administrators' Message:

Welcome 2026!! And Welcome Back McKenzie community.

What a great first week back it has been! Reconnecting with the school community, seeing smiling faces, and hearing about winter break activities and adventures has been wonderful. Term 2 learning has resumed, and everyone is settling back into school routines well.

With our West-Coast winter weather fully here, please make sure your child is dressed appropriately and prepared to be outside to play at recesses every day. Boots, coats, warm hats/headwear, and mittens are all helpful to keep student's comfortable outside.

As you may have heard, we arrived at school on Thursday to find out one of our Garry Oak trees fell. Thankfully, there was no damage to the building or grounds. We are grateful of the hard work of our Facilities and Groundskeepers for their quick support to clean up and make our school grounds safe to play on.

Have a wonderful weekend.

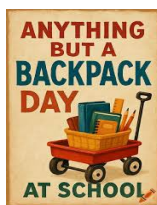
Ms. Carmen & Mrs. Beattie

Mark your calendar:

Monday	Tuesday	Wednesday	Thursday	Friday
Jan. 12	Jan. 13	Jan. 14	Jan. 15	Jan. 16
	Skating Div 6 & 7	Anything But a Backpack Day McKenzie Swim Club @ 3:15pm PAC Meeting 6:30pm	Div 1 & 2 (am) & 3 (pm) to Observatory Kindergarten Hearing Screening	PAC Hot Lunch

UPCOMING DATES TO NOTE:

Jan. 13th – Skating Div 6 & 7
Jan. 14th – Anything But a Backpack Day & PAC Meeting (Online & In-person)
Jan. 15th – Div 1,2 & 3 to Observatory & Kindergarten Hearing Screening
Jan. 16th – PAC Hot Lunch. (Pizza & Sushi)
Jan. 12th – 16th – French Kindergarten Registration Week
Jan. 19th – Skating Div 4 & 10 & PAC Education Night (see pg. 3)
Jan. 23rd – Skating Div 3 & 12
Jan. 26th – Professional Development (No school for students)
Jan. 26th – 30th – English Kindergarten Registration Week
Jan. 28th – Twin Day



January 2026 – Tamil Heritage Month

GVSD#61 Diversity, Equity & Inclusion Calendar

4 – National Ribbon Skirt Day
4 – International World Braille Day
14 – Black Excellence Day
24 – International Day of Education
27 – International Day of Commemoration in Memory of the Victims of the Holocaust
29 – National Day of Remembrance of Quebec Mosque Attack and Action Against Islamophobia

SPIRIT DAY!
TWIN DAY



2025-26 SCHOOL GROWTH PLAN FOR MCKENZIE SCHOOL:

SOCIAL EMOTIONAL LEARNING GOAL: As a staff and community, we will provide students with opportunities to improve or increase their sense of belonging at school.

LITERACY GOAL: To improve writing through more explicit, tactile, and oral language pre- writing strategies.



1000 Books by Age Five

Children's Book Recycling Project Greater Victoria

January 27 - Family Literacy Day

*Children are made readers on the laps of their parents.
(children's book author Emilie Buchwald)*

Cuddling and reading to your little ones shows that you value reading, builds comfort, enjoyment and early skills that last a lifetime.

Help make that true for those still to gain those habits. **January 27 is National Literacy Day.** As well as enjoying a new story with your child, please make an extra effort to drop of gently used picture books for babies and preschoolers in the drop box in the front lobby. All very young children benefit from being read to – help make that a reality for more. Thank you for being part of 380,000 books donated over the last 15 years.

A huge thank you to the McKenzie Elementary alumni who continue to support our school with generous donations towards sports equipment purchases. Your support has a lasting impact on our school community.



Are you a McKenzie Elementary Alumni?

McKenzie Elementary Alumni meets on the 1st Wednesday of every month at 11:00 am at the Apple Tree Restaurant 1501 Admirals Rd.

Contact Don – don.munroe@outlook.com for more information

KINDERGARTEN REGISTRATION

Important Dates:

French Immersion: Jan 12-16

English: Jan 26-30



**If your child was born in 2021, we are
eager to welcome them to Kindergarten!**



Register Online:
www.sd61.bc.ca



PAC NEWS:

Our next PAC Meeting - January 14th 6:30pm

[Join the meeting now](#)

Meeting ID: 215 433 969 194 82

Passcode: 8Td93za7

January 14th meeting agenda:

1. Admin update
2. Treasurer's report
3. Events
 - a. Tree chipping recap and call out for lead for next year

Fundraising

Big projects

- a. GAGA ball pit

Parent Education

- a. Fairfield psychology presenting on Emotion-Focused Family Therapy on Jan 19 from 6 to 7:30 in the library and online.

Open PAC positions - we are looking for new PAC members

Tutoring Resources in Victoria

Sylvan Learning Centre

<https://www.sylvanlearning.com/locations/ca/bc/victoria-tutoring/victoria/>

Kumon

<https://www.kumon.com/ca-en/home>

UVic Career Services - create an account and login to see available student tutors

<https://www.uvic.ca/career-services/info-for/employers/index.php>

Find a Tutor

<https://findatutor.ca/>

Victoria Literacy Connection - volunteer run

<https://victorialiteracyconnection.ca/>

Parent Support Services of BC - Free Online Support Groups

These groups are free, anonymous, and confidential, offering a safe space for parents and caregivers to:

- Share stories
- Build community
- Gain parenting skills
- Access emotional support
- Discover local services and resources



Weekly or Bi-weekly Support Groups

Facilitated by trained volunteers:

- Wednesdays @ 7:00 PM — Parenting Children with ADHD
- Thursdays @ 6:30 PM — Parenting Neurodivergent Children
- Thursdays @ 7:00 PM — General Parenting
- Thursdays @ 7:30 PM — Parenting Teens (13+)
- Sundays @ 10:00 AM — Parenting Children with ADHD
- Sundays @ 7:30 PM — Parenting Youth with Anxiety/Depression



Register here: <https://bit.ly/pssreferrallform>

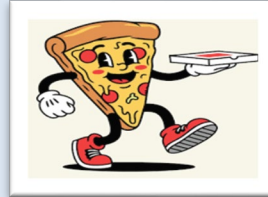
PAC HOT LUNCH DAY:

Friday, January 16th is our next special food day for Pizza and Sushi.

Order deadline is Sunday, January 11th

To order, visit www.mckenzie.hotlunches.net

Questions? mckenziehotlunch@gmail.com



Helping Families Stay Safe Online



The internet plays a big role in our children's lives—from schoolwork and gaming to social media and communication. Understanding how to keep kids safe online can feel overwhelming, but families do not have to navigate it alone. **The White Hatter Digital Literacy and Internet Safety** is a North America-based education organization that helps parents and caregivers understand today's digital world and how it affects children and teens.

What The White Hatter Does

The White Hatter provides workshops and presentations focused on:

- Online safety and privacy
- Social media and gaming awareness
- Digital behavior and responsibility
- Helping children make safer, smarter choices online

Their approach is practical, research-based, and designed to support open conversations between parents and children. Their goal is to help families **understand both the benefits and risks of technology**, so children can use digital tools safely and confidently.

Why Parents Find This Helpful

- Clear, up-to-date information about online trends
 - Guidance without fear or judgment
- Tools to support healthy technology use at home
- Encourages communication between parents and kids
- Learn More - <https://thewhitehatter.ca/>

PARENT EDUCATION NIGHT.

Please register using [this link](#).

[Join the meeting now](#)

Meeting ID: 263 173 018 172 7

Passcode: s387Gk3Z



JOIN US FOR A PARENT EDUCATION **FREE EVENING WORKSHOP**

Monday, January 19th
6-7:30pm | McKenzie Elementary School

**Learn strategies from
Emotion-Focused Family Therapy (EFFT)
with Tory Vitaly, MSW, RSW**

- EFFT is an **evidence-based** practical approach that helps parents and caregivers support **children of ALL ages**
- Learn techniques for managing your child's **emotional dysregulation, emotional shutdown, anxiety, depression and more**
- Presentation with a **Q&A**
- **Supportive space** for parents and caregivers to learn and practice new skills

 **19 January 2026**

 **6:00 pm - 7:30 pm**

 **McKenzie Elementary
School Library**

ALL WELCOME

FREE for parents to attend. Snacks and beverages provided.
Presented by McKenzie PAC and Fairfield & Oak Bay Psychology



FAIRFIELD PSYCHOLOGY
fairfieldpsychology.com