



# McKenzie Weekly



Friday, February 12, 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:

We have had another busy week reading/listening to daily Black History Month announcements and celebrating Valentine's Day today with a variety of classroom activities.

Next week is Literacy Week at McKenzie! Our students will be participating in many fun literacy activities, including a whole school reading session in the main hallway and a 'Dress as your Favourite Book Character' school spirit day on Thursday.

Our staff will be offsite at a variety of professional development activities tomorrow. We look forward to sharing our new learning with students in the weeks to come.

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

See everyone back at school on Tuesday, Feb. 18<sup>th</sup> for Lunar New Year!

*Ms. Carmen & Mrs. Beattie*

## Mark your calendar:

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Feb. 16</b> Family Day Statutory Holiday <b>(No school)</b>	<b>Feb. 17</b>	<b>Feb. 18</b> Grade 4 Symphony Concert fieldtrip  Swim Team Practice afterschool @ SCP	<b>Feb. 19</b> School Spirit: Dress as a Book Character Day  Basketball game afterschool @ Northridge	<b>Feb. 20</b> PAC Hot Lunch (subway & sushi)

## UPCOMING DATES TO NOTE:

- Feb. 23<sup>rd</sup> – Diving Fieldtrip Div. 5
- Feb. 24<sup>th</sup> – 100<sup>th</sup> day of school celebration for Kindies
- Feb. 25<sup>th</sup> – **Pink Shirt Day**
- Feb. 26<sup>th</sup> – Basketball game after school @ McKenzie
- Mar. 2<sup>nd</sup> - Diving Fieldtrip Div. 4
- Mar. 9<sup>th</sup> – Jump Rope for Heart
- Mar. 13<sup>th</sup> – PAC Hot Lunch & Learning Updates "Live"
- Mar. 16<sup>th</sup>- 27<sup>th</sup> – Spring Break **(no school)**

## February 2026 – Black History Month GVSD#61 Diversity, Equity & Inclusion Calendar

- 16 – Family Day
- 16-22 - Heritage Week
- 17 – Lunar New Year
- 17/18 – Ramadan
- 25 – Pink Shirt Day
- 28 – Rare Disease 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.

## Crossing Basics

Choose a spot to cross with a long, clear view in both directions. When possible, choose to cross the road at marked crosswalks or traffic signals.

**STOP** One big step back from the curb or shoulder. Wait a safe distance from edge of the road.

**LOOK** Left and right a few times for approaching traffic (vehicles, bikes, etc.).

**LISTEN** Remove headphones and pause your phone or text conversation so you can hear traffic.

**THINK** About whether it is safe to cross - when the road is clear or all traffic has stopped. Make eye contact with drivers and cyclists.

**CROSS** When the roadway is clear, start crossing. Keep looking and listening for approaching traffic while you cross.

## Tips for Success

✓ Use crosswalks, sidewalks and crossing guards when possible. If there are no sidewalks, walk single file facing traffic so that you can see approaching vehicles and they can see you. Make eye contact.

✓ Practice your route together to build your confidence and independence. Identify any potential concerns and address them.

✓ Avoid shortcuts through parking lots or around parked cars. Vehicles have front, back, and side blind spots. The larger the vehicle, the larger its blind spots.

✓ Be alert and visible. Wear bright and/or reflective gear when walking or cycling. Use lights on your body and bicycles.

✓ Share your experiences, check in regularly and make adjustments to optimize safety and comfort.

✓ Invite neighbours and friends to join you along the way or establish meet up spots and go part-way to school together!

## Plan Your Route McKenzie Elementary School



### did you know?

Among the top dangerous driving behaviours in B.C. school zones are:

- Speeding
- Distracted driving
- Illegal parking/stopping
- Double parking
- Ignoring or rolling through stop signs
- Stopping in no stopping/no parking zones
- Making U-turns and/or 3-point turns
- Failing to obey crossing guards
- Children exiting vehicles on the traffic side



### Questions?

Contact your PAC, Principal or  
CRD Regional Planning & Transportation  
transportation@crd.bc.ca

[www.crd.ca/ready](http://www.crd.ca/ready)

Please check out the **READY STEP ROLL** – Sustainable Route Project that was completed last year.

Find more information on our website:

[Active and Safe Routes to School](#)

## PLAN YOUR ROUTE TO MCKENZIE

Selecting your safest route can be simple or complex, depending on the location and distance between your home and school.

It is important to determine:

### 1. Where you will walk, bike, roll or bus.

When walking, choose sidewalks or paths where possible, even if that means the trip will take a bit longer. If you're bussing, wait at designated bus stops a safe distance away from the road.

### 2. Where you will cross streets.

Choose routes with the fewest and safest streets to cross. For example, cross where there is a crossing guard, crosswalk or traffic light and avoid busy, high-speed or multi-lane roads where possible.

### Legend

- Crossing Guard
- Pedestrian Activated Crosswalk
- Marked Crosswalk
- Major Intersection with Signalized Crosswalk
- All-way stop
- Public Bus Stop
- Bicycle and/or Scooter Rack
- Pedestrian School Access Point
- Sidewalk
- Bike Route
- Trail Connections
- School Zone 30 km/hr



### Did you know?

a child's walk pace is about  
8 mins per 500 metres

READY STEP ROLL

Important: The Capital Regional District (CRD) does not warrant or represent that the information herein is free from errors or omissions, nor does it warrant the safety or suitability of any route, trail, road or pathway depicted or otherwise described herein. This information is provided for general information purposes on the condition that the (CRD) will not be liable for any loss, damage, costs, or expense whatsoever incurred by any person or entity using or otherwise relying upon it. The use of this document by any person or entity is entirely at their sole risk.

## Parent/Caregiver Reminder:

To help us keep our school safe and running smoothly, we ask that all parents and caregivers please wait outside at dismissal time until teachers bring students out at the bell. This helps us know exactly who is in the building and ensures that all children are dismissed safely to the correct adult.

If you need to pick up your child early or for an important reason, please stop by the main office first to check in. Our office staff will be happy to help and will call your child down for you.

The end of the day is a very busy time in elementary classrooms. Teachers are helping students pack up, reviewing transportation plans, and making sure every child gets where they need to go safely. Keeping hallways and classrooms clear allows teachers to stay focused and keeps dismissal calm and organized.

Thank you for partnering with us to keep our students safe and our school day ending on a positive note!

## PAC NEWS:

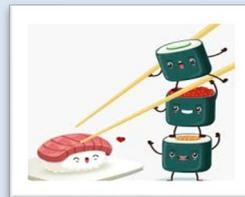
### **PAC HOT LUNCH DAY:**

Friday, February 20<sup>th</sup> is our next special food day for Sushi and Subway.

**Order deadline is Sunday, February 15th**

To order, visit [www.mckenzie.hotlunches.net](http://www.mckenzie.hotlunches.net) Access Code: MEHL

Questions? [mckenziehotlunch@gmail.com](mailto:mckenziehotlunch@gmail.com)



## PARENT AND FAMILY RESOURCES:

Looking for a resource from a previous week? Click [here](#) for the full list.

### **Inter-Cultural Association of Greater Victoria**

The purpose of the Inter-Cultural Association of Greater Victoria (ICA) is to support the full integration of newcomer immigrants and refugees into the social, economic, and civic life of the Capital Region of British Columbia.

<https://www.icavictoria.org/>

If you have a resource to share, email it to [mckenziepac@gmail.com](mailto:mckenziepac@gmail.com).

PARENT EDUCATION:

**VCPAC SAFETY TOWNHALL**  
**FEBRUARY 26, 2026**

*ON-SITE CHILDMINDING AVAILABLE!  
PIZZA & GAMES FOR THE KIDS.*

**CREATING SAFE &  
CONNECTED SCHOOLS**

- K-12 Safety Framework
- Data and Trauma-Informed Practices
- Shared Responsibility among Partners

**COME SHARE YOUR STORIES & ASK QUESTIONS!**

**SPEAKERS**

- **DEB WHITTEN**, SD61 Superintendent
- **SEAN POWELL**, SD61 Associate Superintendent
- **GEOFF JOHNSON**, Former Superintendent
- **CHRIS CLARKE**, GVTA Health and Safety Officer

 **Feb 26, 2026**  
**6:30-8:30PM**

 **ESQUIMALT HIGH**  
**847 Colville Rd.**

**FREE TO REGISTER**

<https://forms.gle/z3zU9VA64ZAWqz7R8>





# LET'S TALK ABOUT BC'S DRUG CRISIS

Real questions. Real answers. No judgment.

Wonder what's really going on with toxic drugs in BC?  
Not sure what's fact and what's just rumors?

VCPAC invites families & teens to come ask your  
questions and hear from people who work on the  
front lines.



Use the QR code to submit  
your anonymous questions  
ahead of time.

With:

- **Dr. Jill Wiwcharuk**  
Addiction Medicine Physician
- **Davana Harlow**  
Clinical Coordinator, Discovery Youth &  
Family Substance Use Services
- **Katy Booth**  
Researcher, Canadian Substance Use Research UVIC
- **Shae Perkins**  
Harm Reduction Peer Educator, AVI Health &  
Community Services
- **Aura Boggs**  
Education Team, AVI Health & Community Services

## SJ WILLIS AUDITORIUM

Wednesday, February 18<sup>th</sup> - 6:30pm to 7:30pm

923 Topaz Ave, Victoria, BC

No wrong questions. Just information and support.

'intheknow'  
Online Events

# Connect & Learn

## Online Events for Parents & Caregivers

Every month, we host events for parents and caregivers of a child or youth with a mental health and/or substance use challenge.

Join us to watch a video and share experiences and strategies that help in the hard moments, focusing on strengthening our understanding and connection with our kids.



### For Families: A Conversation About Eating Disorders

Knowing how to help our kids who are experiencing an eating disorder can be a terrifying, isolating and overwhelming experience. Learn about disordered eating, what to be aware of, the importance of connection, and strategies that help support recovery. Learn as Victoria Keddiss hosts a conversation with Eating Disorders Therapist & Educator Carmen Kaufmann, and Rylee McKinlay, a young person with lived experience, and Terri McKinlay, a parent with lived experience.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Parent Peer Support Worker.

- **COST:** Free
- **DATES:**

Times are in Pacific Time (most of B.C.)

- Wednesday, February 4, 6:30pm
- Thursday, February 19, 6:30pm
- Thursday, February 26, 6:30pm



Register online at  
[familysmart.ca/events](https://familysmart.ca/events)



# Connect & Learn

## Online Event for Parents and Caregivers

### Parenting ADHD Children A Neuro-Affirming Approach

Build a deeper understanding of how the ADHD brain works. Explore how some aspects of ADHD can act as a strength in certain situations, and a challenge in others. This event is designed for parents of school-aged children.



Join FamilySmart and Mary Klovance live online for an evening to learn neurodiversity-affirming communication strategies to reduce power struggles and strengthen connection. Parents will leave with tools they can use immediately, greater compassion for their child's nervous system, and a clearer roadmap for supporting their child.

**Mary Klovance** is an award-winning counsellor, author, and founder of The Neurodiversity Family Centre. She has over 14 years of front-line experience as a school counsellor and working with youth facing complex challenges. She is a Registered Clinical Counsellor and ADHD-Certified Clinical Services Provider.

- **DATE:** Wednesday, February 18, 2026
- **TIME:** 6:30 – 8:00pm (Pacific Time)
- **LOCATION:** On Zoom (online)
- **COST:** Free

*With gratitude, FamilySmart would like to acknowledge the generosity of the Ministry of Children and Family Development for sponsoring this event.*



Register online at  
[familysmart.ca/events](https://familysmart.ca/events)



**FamilySmart**  
Together-Centred