

Dr. A.T. LEATHERBARROW PRIMARY SCHOOL



Dream Achieve Teach Learn



Be Kind

Be Safe

Be Responsible

Be Respectful

Important Dates

- Wednesday February 3: French Immersion Information Night
- Week of February 8th: Staff Appreciation Week
- Monday, February 15: Family Day: No school
- Monday, February 22: Kindness Week
- Wednesday, February 24: Pink Shirt Day
- March 1-4: March Break



Dr. A.T. Leatherbarrow Primary School

122 School Street 832-6022 (Office)

Hampton, NB E5N 6B2

1-833-219-9065 (Safe Arrival)

Principal: Mrs. Lisa Jardine

Vice-Principal: Ms. Sara Creighton

Admin Assistant Elaine Hebert

<http://leatherbarrow.nbed.nb.ca>

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Kindness Week Celebrations February 22-26



Every day we will be celebrating different ways to be kind. .

Monday: Be kind to others

Tuesday: Be kind to family day

Wednesday: Be kind to classmates and friends. PINK SHIRT DAY!!!

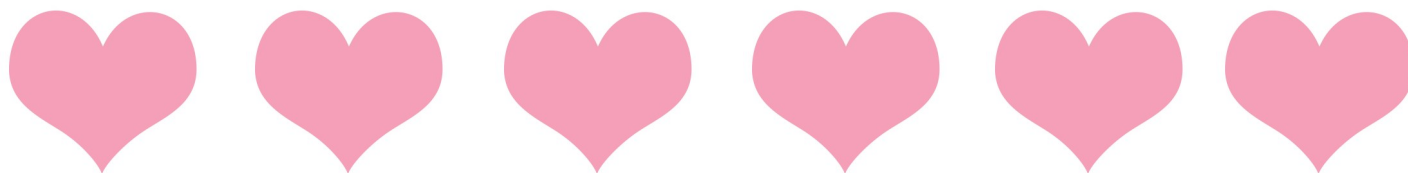
Thursday: Be kind to our bodies

Friday: Wear your favorite Pj's and bring your favorite stuffed toy.

Random Acts of Kindness Day:

Wednesday, February 17th

A Random Act of Kindness is a spontaneous or planned selfless act performed to either help or cheer up a stranger or someone we know for no reason other than to make people happier. We can do random acts of kindness any day but this is a special day to make a conscious effort to make someone's day.



Pink Shirt Day

**February 24th:
wear pink to cele-
brate kindness**



Heart Healthy School!



Our school has signed up to become a Heart Healthy School. What is that you say? Students and staff will be taking part in 4 five-day long challenges or awareness campaigns from February to May to promote the following heart healthy messages:

- 5 fruits and vegetables each day
- 2 hours or less of screen time
- 1 hour or more of physical activity
- 0 sugar-sweetened drinks.

In February, we're promoting the importance of 1 hour or more of physical activity per day. Take Me Outside winter Challenge happens between the 17th and 28th, and we'll also be practicing a dance to be showcased school-wide!

Math Matters: Celebrating 100 Days of School

An interesting way to incorporate real math into school is to celebrate the 100th day of school. Our teachers incorporate the ideas into their daily activities. They begin with the first day of school and end on the 100th day which usually falls mid February. This year the 100th day of school will be celebrated during the week of February 15th. The teaching opportunities prior to the actual day are endless. The children (depending on grade) learn to count by ones, twos, fives, and tens. A variety of activities take place on the 100th Day.



Staff Appreciation Week

February 8th to 12th is Staff Appreciation Week!

We Celebrate Literacy! Literacy Week 2021



We had a lot of fun dressing up as our favorite book character!



Guidance CORNER




Dear DATL families,

It is hard to believe that February has already arrived! The month of January presented its challenges with COVID-19, however, it was so nice to see the ongoing resilience demonstrated by the students. In January, guidance lessons focused on identifying the emotions in all four colours of the Zones of Regulation. I have included a summary of the key emotions found within each zone. I encourage you to reinforce what students have learned, by asking them what zone they are in, and what feelings they are experiencing. In February, emphasis will be placed on learning the strategies that students can use to emotionally self-regulate.

Bell Let's Talk Day was on January 28th. This advertising campaign, which aims at raising awareness for mental health, is a great reminder to engage children in conversation about being kind, listening to and asking others about their feelings, as well as encouraging children themselves to talk about their own big feelings. This is something that is regularly reinforced during our guidance lessons.





February 26th is National Pink Shirt Day. This anti-bullying initiative promotes a celebration of diversity, inclusivity, acceptance, kindness, and positive social relationships. During the last week of February, I will have conversations with students around these topics, as well as encouraging them to wear a pink shirt on the Friday, February 26th in hopes of celebrating this day.

Thank you.

Cynthia Veniot

Guidance Counsellor

The ZONES of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control