

Dr. A.T. LEATHERBARROW PRIMARY SCHOOL




Dream **A**chieve **T**each **L**earn



February is Black History Month

Pink Shirt Day
 Wednesday, February 22
 Wear pink to
 celebrate Kindness!

Family Day!

Family Day, February 20th is a day to celebrate families and the important role that families play in our lives. In our school, we celebrate diversity and inclusion and teach our students that not all families are the same, and every family is special. To that end, we have decided to celebrate Family Day in a big way! Each child will be bringing home a blank planning web. This web is for you and your family to brainstorm and record all the ways that make your family special. We will be using these webs at school for a very special project. These will be sent home the week of Feb. 13th. Please send these back to school by Feb. 28th so we can complete this special project.



Be Kind

Be Safe

Be Responsible

Be Respectful

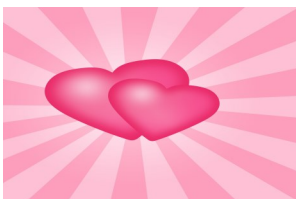
Heart Healthy Schools Program

Our school is once again taking part in the Heart Healthy Schools Program (a provincial initiative created by the Heart and Stroke Foundation of New Brunswick) to promote positive change that supports heart healthy lifestyles for children and youth. During one week over each of the next four months, our students will be learning about the following topics: Joyful Movement, Explore Fruits and Vegetables, Discover Water and from February 20th-24th, Rest and Recharge. The purpose of this topic is to explore activities that promote restful sleep, mindfulness and restoration for students' minds and bodies.





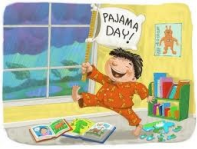
National Random Acts of Kindness Day: Friday, February 17th

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.

We would like to have 100 acts of kindness displayed on our 100th day of school in our lobby!



DATL Spirit Week Feb. 27– Mar. 3

Monday Feb. 27	Dress in DATL School Colors! (Blue & White)	
Tuesday Feb. 28	Wear your sunglasses and bring your favourite beach towel!	
Wednesday Mar. 1	Wear your favourite fun socks and enjoy a sock hop in the gym	
Thursday Mar. 2	Dress in your favourite colour!	
Friday Mar. 3	Pajama Day!	

Safe Arrival & Attendance

With Safe Arrival you are asked to report your child's absence in advance using any of these 3 convenient methods:

SchoolMessenger app

Safe Arrival website,

<https://go.schoolmessenger.ca>.

Toll-free number 1-833-219-9065

You can advise when your child will be late, absent or has a leave and return appointment.

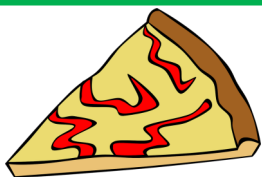
Celebrating 100 Days of School– Week of Feb.20

An interesting way to incorporate real math into school is to celebrate the 100th day of school. 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 on February 22nd. 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 13th to 17th is Staff Appreciation Week!

Thank
You



Pizza orders for MARCH will go home the week of Feb. 13. They are due back Feb. 17



Please ensure your child's order is submitted on time.

You can order online using school cash online:

<https://www.schoolcashonline.com/>

Or

You can order with cash using school order forms. (Please send correct change and ensure your child's full name is printed on the envelope)

Pizza will be delivered on Friday, March 3rd to those students who purchased pizza on the snow day, Friday, January 13th.

Dear DATL families,

It is hard to believe that February has already arrived! In January, guidance lessons focused on mindfulness. The skill of mindfully observing our senses can enhance memory, problem solving, relationships, creativity, and physical performance. Students learned about mindful hearing, smelling, seeing, and hearing.

In February, we will start the Zones of Regulation curriculum, which asks students to learn and identify the emotions that they are feeling, as well as ways strategies to bring them to a calm and focused state. 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.

Bell Let’s Talk Day was on January 25th. 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.




Pink Shirt Day is on February 22nd. 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. Students are encouraged to wear a pink shirt on Wednesday, February 22nd in celebration of this day.

Thank you.

Cynthia Veniot

DATL Guidance Counsellor

The ZONES of Regulation®

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