

McADAM ELEMENTARY SCHOOL

MONTH: FEBRUARY 2021

Respect Yourself, Respect Others, Respect Community

PINK SHIRT DAY FEBRUARY 24, 2021

We are showing our support for **Anti-Bullying** by wearing a pink shirt on Feb. 24th. It is important to note that this is more than just wearing a shirt.

Bullying is real and it is important to identify what bullying is. The following is a list to help show the difference between **Conflict & Bullying**:

Conflict:

- **Conflict** is a normal part of life and when kids learn to deal with it in a healthy way, it helps kids master the social skills they need.
- When a **conflict** occurs, everyone involved has equal power in the relationship.
- In a situation of **conflict**, usually both children are upset.
- In **conflict** all participants have a feeling of remorse.
- When there is **conflict** the children usually want to solve the problem.
- **Conflict** happens occasionally. Especially when the same kids are playing together (even more so during COVID).
- Usually **conflict** is not emotionally damaging.

Bullying:

- The best way to identify **bullying** is to recognize that it is a deliberate act. The goal is to hurt, insult, or threaten another person.
- When **bullying** occurs the victim is upset, but the bully is not.
- In the case of **bullying**, the bully has no remorse
- In a situation of bullying, the bully does not see the need for a resolution.
- **Bullying** is an ongoing negative interaction between two people where there is an imbalance of power.
- **Bullying** can be a serious emotional or physical threat.

In society today, there is a significant increase in bullying that happens online. Please be conscious of your child's online activity.

♥ **Home & School**

We are excited to have established a Home & School committee in addition to our PSSC committee. They have already helped raise \$1030.85 with the Bottle Drive! Save up those bottles because another one is coming in March!

♥ **School Clothing Update**

We are also excited to reveal our clothing that you will be able to order through School Cash Online. A student in Grade 2 made the logo for the t-shirt and sweatshirt.



Heart Healthy Schools

We are starting our Heart Healthy School Challenge. The challenge is about raising awareness of the 5-2-1-0. The 5 is for students to have 5 servings of fruits and vegetables each day. The 2 is for students to have less than 2 hours of screen time each day. The 1 is for students to have at least 1 hour of physical activity each day. The 0 is for students to have 0 sugar sweetened beverages each day. Our first challenge is the fruit and veggie challenge.

♥ **Spirit Week**

During the last week in February we will do a Spirit Week. Each day will have a theme and we will be doing different activities. One activity will be a whole school game of bingo with prizes. Stay tuned for more activities as we get closer 😊

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Challenge Starts! 	2 	3	4	5	6
7	<div style="border: 1px solid green; background-color: #e0f0e0; padding: 5px;"> <p>February 1 – 12 Heart Healthy Schools Challenge – Eat 5 servings of fruits and veggies each day!</p> </div>					13 
14 	15 Family Day No School for Students 	16 	17	18	19	20
21 Spirit Week 	22 Hat Day 	23 Tropical Day 	24 PINK SHIRT DAY 	25 Jersey Day 	26 PJ Day  School Bingo Day	27
28						

UPCOMING EVENTS:

- Gr. 5 Acadian Café – Date to be announced
- March Break – March 1-5
- March 17 – St Patrick's Day
- March 19 – PL Day – No school for students
- March 31 Report Cards Issued – K-8



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