

McADAM ELEMENTARY SCHOOL

Manners Excellence Safety

MONTH: FEBRUARY 2023



The snow has been coming and is starting to pile up out front. The banks are pretty high now and we have been paying close attention to the students on the hills. Colder temperatures are also here. Please remind your child to come to school with warm mitts/gloves, hat and snow pants. Our students are getting lots of enjoyment sliding on our AWESOME hill. We want them to have fun but also remind them to follow the safety rules in place.

♥ Resilience/Problem Solving

As a staff we have found that there is a need to work on students becoming more resilient. This is a life skill. Having grit and the ability to keep trying and persevere is important for students and we want to expose them to situations that are more difficult so that they come out of their comfort zone. Therefore, we have designated every second Friday to a time for students to work through some hands on activities and problem solving games and puzzles. If any student can solve a Rubik's cube in front of Mr. C they will get a shirt.

♥ Java Moose Fundraiser

Our coffee fundraiser started on Monday, January 30th and will run for two weeks. All order forms and money must be returned to school by Monday, February 13th. We've had great success with this fundraiser in the past couple of years and hope that this year will be the same. Our goal is to raise at least \$1200 for our school. There will be prizes for the top two sellers. Here's your chance to treat yourself or someone else to freshly roasted coffee goodness.

♥ Spirit Week

Another fun-filled Spirit Week is scheduled from February 27 to March 3. Each day will have a unique theme and different activities are being planned for the week.

Heart Healthy Schools

We have again committed to the Heart Healthy Schools Challenge. The program has changed a little this year but the concepts are the same.

The main Themes are:

- Explore Vegetable & Fruit
- Discover Water
- Joyful Movement
- Rest & Recharge

Keep an eye out for these challenges after March Break.

PINK SHIRT DAY

FEBRUARY 22, 2023

Pink Shirt Day is a day dedicated to the fight against bullying experienced by kids in schools, neighborhoods, and homes. We wear a pink shirts on this day to symbolize a stand against bullying.

Bullying vs. Conflict

Bullying is different from conflict. Conflict is a disagreement or argument in which both sides express their views. Bullying is negative behavior directed by someone exerting power and control over another person. Bullying is done with a goal to hurt, harm, or humiliate

BULLYING TIPS FOR PARENTS & CAREGIVERS:

BUILD SELF-ESTEEM. Value your child's contributions and achievements. If they are socially isolated at school, get them involved in community activities.

Teach your children that if they see someone being bullied, **THEY SHOULD NOT WATCH, LAUGH OR JOIN IN.**

Help kids see the value of offering **EMPATHY AND SUPPORT** to those who are bullied.

MODEL RESPECTFUL BEHAVIOURS at home and in your daily interactions.

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1  Muffin Day	2  GROUNDHOG DAY	3	4
5	6  Village Recycling Day	7  Safer Internet Day	8  Smoothie Day	9	10  Fill Up The Ram Friday	11
12	13  JavaMoose fundraiser ends	14 	15  HAPPY Canada FLAG DAY	16  HAPPY 100 TH Day of School	17	18
19	20 Family Day No School	21	22  PINK SHIRT DAY	23	24	25
26 Spirit Week 	27  MES Monday	28  Tropical Tuesday	March 1  Western Wednesday	March 2  Tie-Dye Thursday	March 3  Fuzzy Flannel Friday (P J Day)	

UPCOMING EVENTS:

- March 6-10: March Break
- March 17: St Patrick's Day
- March 24: PL Day – No school for students



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