**Saint Rose School February Newsletter**700 Manawagonish Road, Saint John, NB E2M 3W5

Principal: Victoria Moseley Vice-Principal: Shari Carey



**Jump Rope For Heart**

Mr. Lajoie will be hosting the Jump Rope For Heart kick-off during Physical Education classes on February 3rd, 4th and 5th. Pledge sheets will be sent home on Monday, February 8th to be returned Friday, February 19th. SRS will receive 20% of donations to be used towards a Saint Rose Rock Climbing Wall. The jump rope event will take place on February 24th – 26th during PE class times.

**Family Wellness Month**

Our messages to students on an ongoing basis are to spend time with people who make us feel good, focus on positive things (Growth Mindset), encourage people to be responsible risk takers, get plenty of sleep with regularly bedtimes and bedtime routines, and learn to enjoy humour. These foci and **skills** help students in being both mentally and physically fit.

February is a SRS Family Wellness Month. Each day on the wellness calendar has a specific item to complete. An adult places a check mark in each completed square.

Many of the activities on the calendar are in the areas of;

* Adult involvement in conversations with children
* Everyone being emotionally present and engaged in the family activities
* Good nutrition and adequate sleep
* Creative play and social interactions

| * ◄ [January](http://www.wincalendar.com/January-Calendar/January-2013-Calendar.html)
 | **~ SRS Wellness Month - February 2022 ~** | [March](http://www.wincalendar.com/March-Calendar/March-2013-Calendar.html) ► |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  | **1**Turn off the TV & electronic devices for the whole day | **2**Stretch for at least 5-10 minutes |  3Set a new wellness goal for your family | **4**Decide on a new healthy meal and make it together as a family. | 5Lace up your skates and go to an indoor or outdoor rink |
| 6 Play a board game together | 7Make snow angels | 8Have at least 2 servings of dairy today | 9Drink 6-8 glasses of water today | 10Do 10 jumping jacks, 10 burpees, 10 high knees, 10 push-ups, and 10 sit ups | 11Pack a fruit or vegetable for your snack | 12Go outside skating |
| 13Try a new activity or one you haven’t tried in a while | 14Healthy activity of choice. | 15Turn off all screens for the evening | 16 With your child, prepare a healthy snack/meal | 17Play a game of catch | 18Go for a family walk after supper |  19Do a virtual fitness class together  |
| 20Turn up the music and dance! | 21Pack a fruit or vegetable with your lunch | 22Make up your own healthy activity today | 23Try the following activities for 30-60 seconds each:CrunchesPush-upsSquats  | 24All family members eat supper at the kitchen/dining room table | 25Pink Shirt Day ~Be Kind Always | **Stay active, eat healthy, sleep well and live life to its fullest.** |

Families are encouraged to complete all activities together. For each activity completed, place an x on the square. Activities do not have to be completed in order but try to complete one activity each day

**Staff Appreciation Week**

Staff Appreciation Week is Feb.7 to Feb.11. The Saint Rose Home and School have organized some treats and surprises for the staff. Stay tuned via School Messenger and Saint Rose Home and School on Facebook for more details.

**Grade Five Class Switch**

Grade five students will switch classes on Monday, February 7th. Mr. Hatfield’s class will start Intensive French with Mrs. Settle while Mr. Settle’s class will start English Prime with Mr. Hatfield.

**Dates To Remember:**

Home & School meeting – Tuesday, February 2nd at 6:30 PM

PSSC meeting – Wednesday, February 16th at 6:30 PM

**Family Day - NO SCHOOL – Monday, February 21st**

March Milk Ordering – February 16th-23rd

Pink Shirt Day – February 23rd

March Break – March 7th-11th

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