

# Fruitvale Elementary

Respect Ourselves, Respect Others, Respect the environment



## Principal's Message:

Thank you to all parents for your continued support in refraining from coming into the front parking lot in the morning and after school. Our school bus drivers appreciate it!

## Pink Shirt Day

On Wednesday, February 26, we invite all students and staff to wear pink (shirts, hats, ribbons, etc.). It is a day to celebrate acts of kindness, being a good friend, and being a helpful "up-stander." Together, we create and foster a caring community. Please read below for positive tips for parents and care givers, suggested by [www.pinkshirtday.ca](http://www.pinkshirtday.ca):

- BUILD SELF ESTEEM. Value your child's contributions and achievements; get them involved in community activities
- Teach your children that if they see someone being unkind, THEY SHOULD NOT WATCH, LAUGH, OR JOIN IN
- Help kids see the value of offering EMPATHY AND SUPPORT to those who need kindness
- MODEL RESPECTFUL BEHAVIOURS and KINDNESS at home and in your daily interactions

### PAC Meeting

FES will have its next PAC meeting on Tues. February 18th at at 6:00 p.m. in the library.



### In this School...

#### **We try our best**

This means we have a positive attitude, work hard, try new things, accept feedback, and strive to make appropriate choices.

#### **We are compassionate and kind**

This means we are respectful, inclusive, helpful, generous, and aware of other people's emotions. We use hands-off behaviour, our manners, and we apologize.

#### **We get along with others**

This means we form positive and healthy relationships with peers and adults, are good role models, give others confidence and encouragement, and treat others the way we want to be treated.

#### **We dream**

This means we are creative, build others up, think outside the box, and take risks. We wonder and use our imagination.

#### **We are secure and calm**

This means we willingly take part in daily activities and approach new situations with courage, confidence and openness.

#### **We take responsibility**

This means we play safe, think before we speak/act, tell the truth, stand up for others, and are responsible for our choices and belongings.

#### **We belong**

This means everyone's opinion and uniqueness is valued, and we include others.

#### **We care**

This means we respect and support everyone, and we are mindful of learning time. We take care of our belongings and are respectful of others' belongings. We strive to keep our school litter free, and keep the bathroom neat and tidy.



We are Fruitvale Elementary School

## Mark your Calendar...

**School will not be in Session:**

**Fri., Feb. 14th - Pro-D Day**

**School will not be in session on Mon., Feb. 17th as it is BC**

**Family Day.**



## WINTER SAFETY

As winter months continue, please reinforce the following playground safety strategies:

- Ensure your child is dressed for the weather so they can enjoy playing in the snow.
- Snow is only to be used to build things, i.e.: fort, snowman... Students are to refrain from throwing snowballs at anyone or anything.
- Students are reminded to keep hands and feet to themselves at all times while playing on the playground.



### Lunchbox Tips

Keep it simple and easy to eat but healthy and appetizing.

- Try to include foods from each of the food groups in Canada's Updated Food Guide (Vegetables and Fruit, Whole Grains, and Protein)
- Kids love to eat what they create. Let your child choose from a healthy list of choices to create his or her own lunch.
- Speed-up the process by cutting extra veggies when you're preparing dinner or by making extra at meals to use as 'Re-Runs' for lunches the following day.
- On a cold day, a small thermos of soup, pasta, or other hot item can be satisfying.
- Freeze yogurt tubes and juice boxes. This will keep them cool until your child is ready to eat.
- A child's taste seems to change on a whim, try new things regularly and don't be afraid to try them again and again. It can take many exposures to new foods before children learn to like them.

## Grade 6/7 Valentine's Dance at Glenmerry Elementary

on Thursday, Feb. 13th, 6-8 pm

**Tickets (\$5) will be sold at the FES office on the week on the 13th**

## UPCOMING IMPORTANT DATES

### FEBRUARY:

<u>Thurs. Feb. 6th</u>	Gr.4-7 Skiing @ RED
<u>Thurs. Feb. 13th</u>	Grade 6/7 Dance at GES
<u>Fri. Feb. 14th</u>	Pro-d Day - No School
<u>Mon. Feb. 17th</u>	Family Day - No School
<u>Wed. Feb. 26th</u>	Pink Shirt Day

### MARCH:

<u>Thurs. March 5th</u>	Second Report Card Issued
<u>Fri. March 15th</u>	BV Idol Performances!
<u>Fri. March 13th</u>	Last Day Before Spring Break
<u>March 14th-29th</u>	Spring Break
<u>Mon., March 30th</u>	First Day Back

### APRIL:

<u>Fri. April 10th</u>	Good Friday - no school
<u>Mon. April 13th</u>	Easter Monday - no school



# FES February Calendar



2020

## Family Planner

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 Grades 4-7 Skiing at Red Resort	7
10	11	12 PIZZA LUNCH	13 HOT DOG LUNCH	14 Pro-D Day School Not in Session
17 Family Day School Not in Session	18 PAC Meeting (6-7pm)	19	20 PIZZA LUNCH	21
24	25	26 Pink Shirt Day	27 HOT DOG LUNCH	28