



## December 2021

PRINCIPAL: Mr. Robbie Dhillon  
 VICE PRINCIPAL: Ms. Jennifer Robinson  
 SECRETARIES: Ms. Sandra Fox and Ms. Teresa McGorman

<https://mg.schools.sd68.bc.ca/>

### FROM THE OFFICE

Dear Parents and Caregivers,

I can't believe we are nearing our break. Where has the time gone? Thank you to our staff for their hard work and dedication to our students and your children over the past few months. Thank you to our



caregivers for all the great work that has been done to ensure the students are ready to learn. This is a busy school requiring many caring and dedicated adults to make the school day a success for all. We have been fortunate to have such a caring

staff and parent/guardian community.

We are currently running our “**Coins for the Holidays**” and funds raised from here will be used to buy items to support our hampers. Thank you to Manager Greg Welgan and Superstore for their kind donation of 10 turkeys, to be used for hampers. This drive runs from December 6 to 10). Last year this drive raised nearly \$2000 in coin and bills.

Mrs. Peace and her class just wrapped up their “Mittens and Canned Food Item” drive last week (November 29 to December 3). This year the drive raised about 700 canned food items and a huge box of mittens and warm toques.

Our final week (December 13-17) will be a theme week. Each day will be a different theme day, if you (or your child) wish to participate 😊

As always, if you have any questions don't hesitate to contact me.

Yours truly,

Mr. Robbie Dhillon (Principal)

### 2021-2022 CALENDAR

Last Day before Holidays .....	Fri. Dec 17
First Day back .....	<b>Tues</b> Jan 4
PAC (6:30 PM).....	Mon Jan 17
Pro-D Day (students do not attend) .....	Mon Feb 7
Pro-D Day (students do not attend) .....	Tues Feb 8
Progress Reports Issued.....	Fri Feb 11
BC Family Day (school closed).....	Mon Feb 21
PAC (6:30 PM).....	Mon Feb 28

<b>Early dismissal (1:00 PM) .....</b>	<b>Wed Mar 2</b>
Communication of Learning Conferences (1:15-3:15)...	Wed Mar 2
Communication of Learning Conferences (5:30-7:00)...	Wed Mar 2
<b>Early Dismissal (1:00 PM) .....</b>	<b>Thurs Mar 3</b>
Last Day before Spring Break/Easter .....	Fri. Mar 11
First Day back.....	Mon Mar 28
PAC (6:30 PM).....	Mon Apr 11
Class Photos.....	Tues Apr 12
Good Friday .....	Fri Apr 15
Easter Monday.....	Mon Apr 18
Curriculum Implementation (students do not attend)....	Thurs May 5
Pro-D (students do not attend) .....	Fri May 6
PAC (6:30 PM).....	Mon May 16
Victoria Day (school closed) .....	Mon May 23
PAC (6:30 PM).....	Mon Jun 13
Formative Report Issued.....	Wed Jun 29
Last Day of School (school dismissed at 2:10).....	Wed Jun 29
Administration Day .....	Thurs Jun 30

**\*\*NOTE COVID could change some of the dates above\***

### VIRTUAL WINTER CONCERT—MR. FRIEND

Similar to last year, this year we will be doing our winter concert online. It will be posted on YouTube for families to watch from home. We hope you enjoy the presentations! We will be showing this concert, in classrooms, by the last day before the holidays

### RULES FOR PLAYING IN THE SNOW

As we approach that time of year when Nanaimo can get snow, we'd like to remind families of the “snow” rules at McGirr. The following rules are enforced for the safety of students:



- There is “no snowball throwing” on the grounds
- Students are not to participate in activities that may injure other students – face washing with snow, kicking chunks of snow/ice, etc.
- No crazy carpets, sleds, slides brought to school

It is important that our students understand the rules and our concern that snowballs can cause serious injury. Within these rules there are many opportunities for students to enjoy their time outside in the snow at recess.

### SCHOOL CLOSURES



It is that time of year again, when the school district would like to remind parents about school closure procedures. The most common reasons that schools might be closed are dangerous road conditions due to a heavy snowfall or ice. If you are wondering if schools are open on a particular day, for the most current updates

listen to local radio stations (WAVE 102.3 FM and WOLF 106.9 FM) in the mornings.

We also attempt to put an announcement of any school closure on the school district website, [www.sd68.bc.ca](http://www.sd68.bc.ca), and on Twitter and Facebook, but our ability to do so could be affected by such things as power outages and technical issues. If there is no announcement on the website or social media, please be sure to listen to local radio stations.

**We would like to remind parents that it is their right to make the final decision as to whether it is safe for their children to travel to school on any given day. While the district strives to make the best decision possible for students across the district, there may be circumstances in your neighbourhood that lead you to decide to keep your children home, even though schools are open.**

### MENTAL WELLNESS

These are still uncertain times. Below are some ideas about how to stay well in the face of constant change:

- Daily structure – set up a routine in your house that provides predictable events. Everyone does better when they know what to expect next.
- Family meals – whenever possible, eat together & connect over food.
- Limited media – set up times to hear the news, then disconnect from it.
- Exercise – take a class off YouTube, try something new, return to what used to bring you joy.
- Reach out – stay connected to family & friends while maintaining social distancing.
- Go Outside – breathe the air & appreciate the environment.
- Practice good sleep hygiene – keep to a regular sleep/wake schedule, limit screens before bed and take a relaxing shower or bath prior to sleep time.
- Read books together.
- Keep future focused and positive – this is our reality for now, but it will not be forever!

### APPROPRIATE CLOTHING FOR WEATHER CONDITIONS



The cool wet weather will arrive and there will be many days students will ask the question “Is it an inside day?” The answer on most days is no. Students will be going outside to play at recess and lunch unless it is raining heavily. We thank you for ensuring your child comes to school with appropriate rain and cool weather clothing. At Park Ave we believe in the importance of fresh air and outside play for all students and appreciate your assistance in this regard. **It is also advisable students have a change of clothes in their school bags, including socks.** Warm gloves are always a good idea as well.

**Everyday Anxiety Strategies for Educators (EASE) – share with staff and with community.**

EASE is a collection of evidence-informed anxiety prevention and resilience-building resources for use with students in grades K-7. The resources use cognitive behavioural strategies to address the thoughts, feelings and behaviours associated with anxiety. In response to the COVID-19 pandemic, the EASE classroom activities were adapted for use at home by parents and caregivers to support children's mental health and continuous learning. These fun and practical strategies help guide parents and caregivers in managing their children's anxiety and worries in the comfort of their home during the COVID-19 pandemic and beyond.

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/ease>

### YOU CAN HELP THE OFFICE BE MORE EFFICIENT BY CONTINUING TO:

- Email student absences to [info.mg@sd68.bc.ca](mailto:info.mg@sd68.bc.ca) is the preferred communication for general student absences. (please include your child's first and last name, teacher name/division and reason if needed).
- call the school in advance (preferably before 8 AM) and leaving a message on the answering machine that is on 24 hours a day if you know your child will not be attending school on that day.



### ERASE BULLYING RESOURCE

The B.C. Ministry of Education in collaboration with school districts across the province have developed and implemented an online student and parent resource about bullying incidents, and a reporting tool for such incidents. Please visit [www.erasebullying.ca](http://www.erasebullying.ca) for more information.



### HAPPY NEW YEAR



We hope families enjoy the winter vacation. This is the last newsletter before 2022 so we would like to take this opportunity to wish families a **Happy New Year!** A reminder school reopens on

**TUESDAY January 4<sup>th</sup>.**