



GLEN ELM COMMUNITY SCHOOL

FEBRUARY 2023

Important Dates:

- Feb. 2 – Groundhog Day
- Feb. 7 – Noon Hour Dance (Grades 5-6)
- Feb. 8 – Wear Your Comfy Clothes
- Feb. 10 – PD Day – No School
- Feb. 13 – Red and Pink Colour War/Staff Appreciation Lunch from the SRC
- Feb. 14 – Valentine's Day Dance (Grades 7-8)
- Feb. 17 – Cookie Crumble SCC Fundraiser Begins
- Feb. 18 – 26th – February Break – No School
- Feb. 27 – Community Shovel (Grades 7-8)
- Feb. 28 – Assembly @ 9:30 am – Love (Eagle) / MYPAA Starts



Hello Glen Elm Families!! The month of January just flew by! We have a busy month of February coming up... be sure to check the calendar for all of the activities going on this month. Thank you to our Student Representative Council (SRC) for organizing so many fun and thoughtful activities for our students and staff!

SCC Fundraiser

On Friday, February 17th, you will be receiving some forms for a Cookie Crumbles fundraiser that the SCC is organizing. Cookie Crumbles offers a variety of items to make your cooking easier – biscuits, soup, cookie dough, muffin mix, doggy dough, and even playdough. Hopefully you can find something that works for your family! We appreciate you supporting the SCC! *Thank you!!*♥

Teacher Appreciation Week

During the week of February 13 - 17th, we will be celebrating our wonderful Glen Elm Community School Staff. Feel free to send your child's teacher or a staff member a kind note, have your child draw a picture, or even just a simple shout out via social media recognizing the many ways in which the Glen Elm Staff have worked with or helped your child. Thank you, in advance, to our school SRC who is providing taco-in-a-bag lunch for the staff on the 13th. A kind and appreciated gesture from our students. ♥

February Break

Just a reminder that February Break is the week of February 20th – 24th. There is no school for students during this week.

March Conferences

March Conferences will be held on Thursday, March 16th (Wednesday, March 15th for the KA group).



Remember

IT'S OK TO ASK FOR HELP.
IT'S OK TO START AGAIN.
IT'S OK TO SAY NO.
IT'S OK TO REST.
IT'S OK TO LET GO.

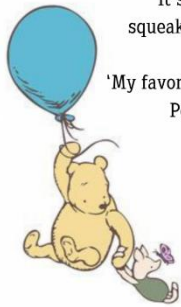
IT'S OK NOT TO BE OK.

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"'What day is it?' asked
Winnie the Pooh.

'It's today,'
squeaked Piglet.

'My favorite day,' said
Pooh."



beyondthebox

⇒ SMALL ACTS OF KINDNESS ⇒

WWW.MISS-MENTAL.COM

LEAVE A POSITIVE NOTE FOR A STRANGER

WRITE A THANK YOU LETTER

COOK FOOD FOR SOMEONE

SHARE A BOOK YOU'VE READ

LET SOMEONE GO BEFORE YOU IN LINE

ASK IF YOU CAN BRING ANYTHING
FROM THE STORE

TELL SOMEONE HOW MUCH YOU
APPRECIATE THEM

Mental Health and Wellness

With the challenges that we continue to face, taking every action to drive progress in mental health in our school community is of critical importance. Please be sure to take care of yourselves. Here are some suggestions from the Bell Let's Talk site on how to help take care of yourself:

Taking care of yourself is important to helping you cope with stress. Simple ways to take care of yourself include:

- ✓ Hearing about the pandemic repeatedly can be upsetting, so take breaks from watching, reading, or listening to news stories, including social media. When you do listen, choose credible sources of information.
- ✓ Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- ✓ Connect with others. Talk with people you trust about your concerns and how you are feeling and let those close to you, especially children, share their concerns and accept support.
- ✓ Maintain as normal a routine as possible, including engaging in activities you enjoy.
- ✓ Focus your energies on what you can control rather than worrying about what you can't. You can come up with a new hobby, talk to a friend or exercise but you cannot control when a vaccine will become available or when we will go back to business as usual.

Above all else, never be afraid, ashamed, or embarrassed to reach out to someone if you need help. We are here at the school if you need us and we can also direct you to agencies that can help you even further if needed.

Thank you for being such a wonderful community to work with.

Sincerely,

Glen Elm Staff

