



ARDEN ELEMENTARY

Week at a Glance
FEB 19-MAR 1, 2024

Monday Feb. 19	Tuesday Feb. 20	Wednesday Feb. 21	Thursday Feb. 22	Friday Feb. 23
Family Day No School		<ul style="list-style-type: none">• Salad Bar• Cross Country Skiing – Grade 5's	<ul style="list-style-type: none">• School-Based Team• PAC Hot Lunch - Bowls	<ul style="list-style-type: none">• Michael Bortolotto - Grade 5's
Monday Feb. 26	Tuesday Feb. 27	Wednesday Feb. 28	Thursday Feb. 29	Friday Mar. 1
	<ul style="list-style-type: none">• Bonanza	<ul style="list-style-type: none">• Salad Bar• Pink Shirt Day	<ul style="list-style-type: none">• School-Based Team• PAC Hot Lunch	

Looking ahead:

Feb 21 – Cross Country Skiing – Grade 5's

Feb 19 – Family Day – **No School**

Feb 28 – Pink Shirt Day

!!March 7 – Student led Conferences!!

March 11 – PAC meeting

March 15 – Last day of school before Spring Break

Happy Friday everyone,

As you may have noticed from my **big, red, bolded** letters above, we are going to have a second session for parents and students to meet with teachers. I apologize that this does not come with much notice but it involved some discussions both with PAC as well as teachers on the best way to format it and the best time/day to have it. It will take place on **Thursday**

March 7th at 2:45-4:00. This is a 'drop-in' open house style where your child will guide you through their work and you can chat with, or ask questions of the teacher as time permits. If you are not able to make this time, feel free to email your teacher directly to see if they can accommodate your schedule.

Other than that, the grade fives had a very fun and successful trip cross-country skiing yesterday and hope to be able to do it again next Wednesday.

We had a great time last night at 'Movie Night'. Thank you to all of the parents who helped out! I seemed to get two big thumbs up from whoever I asked. I'm just glad the video and sound worked for us 😊

I am sure that I do not have to tell you that there is no school on Monday, so I will wish you all a happy and healthy Family Day weekend. I will see you all on Wednesday as I am off to my daughter's graduation from Vancouver Film school on Tuesday.

Take care,
Andrew

Reminders

This is from Jina Taylor our District Physical Literacy Support Teacher K-9. – See attached pdf.

Dear SD71 Families,

I hope this newsletter finds you and your family in good health and happiness as we welcome the month of February. As this is the first of my monthly newsletters, I am excited to share insights and resources focused on promoting physical literacy—a fundamental aspect of your child's overall well-being.

What is Physical Literacy?

Physical literacy encompasses more than just physical skills—it is the ability to move with confidence and competence in a variety of environments and activities. Just as literacy and numeracy are essential for academic success, physical literacy is crucial for overall health and well-being. It empowers children to lead active, healthy lifestyles and fosters a lifelong love of movement. Learning and practicing the fundamental movement skills at a young age is very important.

Fundamental movement skills are the building blocks of physical activity. They include skills such as running, jumping, throwing, catching, kicking, and balancing. These skills form the foundation upon which more complex movements and sports-specific skills are

built. By mastering fundamental movement skills, children gain the confidence and competence to engage in a wide range of physical activities, setting the stage for a lifetime of active living.

To help your family stay active together, I have included a fitness calendar with fun and engaging activities for each day of the month and this month I focused on locomotor skills to practice at home. I encourage you to use this calendar and activities as a guide to make physical activity a regular part of your family's routine.

Please feel free to email me with any questions or comments at andrew.ferneyhough@sd71.bc.ca

Andrew Ferneyhough - Principal

and

Teresa Cameron – Vice-Principal