



Monday Feb. 16	Tuesday Feb. 17	Wednesday Feb. 18	Thursday Feb. 19	Friday Feb. 20
Family Day (School Closed)	Professional Development Day (No School)	Gr. 5 Alpine Skiing at Mt. Washington Lake Trail Parent Info Night 6:00-7:00 p.m. Hot Lunch - Chicken Fried Rice	Hot Lunch – Turkey Sandwich	Hot Lunch – Taco Bowls
Monday Feb. 23	Tuesday Feb. 24	Wednesday Feb. 25	Thursday Feb. 26	Friday Feb. 27
Hot Lunch - Baked Pasta	Bonanza 2:30-4:30 p.m. Hot Lunch - Pizza	PINK SHIRT DAY PAC Friendship Dance 5:00-7:00 p.m. 😊 Hot Lunch - Croissant w/cheese & fruit salad	Resilient Rhythms (Guest School Presenter) Hot Lunch – Ham Sandwich	School wide Assembly Hot Lunch – Chicken Quesadilla

Looking ahead:

Feb. 16 - Family Day (School Closed)

Feb. 17 - District Professional Development Day (No School)

Feb. 18 - Gr. 5 Alpine Skiing at Mt. Washington

Feb. 25 – Pink Shirt Day (Anti-Bullying Awareness)

Feb. 25 – PAC Friendship Dance in the Gym – 5:00-7:00 p.m. 😊

Feb. 26 - Rhythm Resource School-Wide and Class Presentations

March 3 – 2nd Parent Teacher Day - (No School) & Paper Portfolio Learning Update Goes Home (DIV. 5, DIV. 7, DIV. 10 & DIV. 11)

April 18 – Arden PAC Spring Kids Market 10:00-3:00 p.m.

Happy Friday everyone,

We had a couple of big events this week. Our grade 5's got to go up the hill for some skiing and snowboarding lessons and Mr. Lamont and Mr. Holt held the final basketball 'tourney' for the grade 5's. Thank you to all of the staff members that have made these events possible.

We had our PAC meeting this past Monday. Please see our Website for the Minutes. Thank you team PAC for all you do for Arden!

We have some great PAC events coming up in the remainder of the year. They include:

- Friendship Dance – 5:00-7:00pm – Wednesday, February 25th
- Spring Kids Market – 10:00-3:00pm Saturday, April 18th
- Penny Carnival – Thursday, May 21st

Grade 5 Parents!! – This from Kyle at Lake Trail – You should have received an email from him.

Hello future Lake Trail grade 5 parents, we would like to invite you to come learn about what to expect as your kids transition into grade 6. We have an established and successful transition system between Lake Trail and our feeder schools, and want to do a better job this year communicating that with parents in advance to help it go even better.

At Lake Trail - February 18 - 6-7 PM

A few of the things we will share are: different options and programs at LT, transition activities to support kids, and how you can help. This event is intended for parents and guardians but we will have a space and activities for your kids if you need to bring them.

Cross Boundary Transfers between schools open February 1-28

[Cross Boundary Requests Open Feb.1-28 - Comox Valley Schools](#)

Students registered in the Comox Valley School District may request a transfer to a school outside their catchment area for the 2026-2027 school year. The request window opens February 1, 2026 until February 28, 2026.

Please see the attached article with some great links entitled...

[“LANGUAGE MATTERS! Understanding Mental Health and Substance Use: A Resource for Families and School Communities”](#)

I have attached a poster for 'Thunderball'. It is a program for kids in grades 3-5.

Happy Valentines and have a wonderful weekend,

Mr. F

District Happenings

Budget Survey for parents, staff and all school community members:

Comox Valley Schools is inviting everyone in our school community to help shape priorities for the district's 2026–2027 preliminary budget through a public survey now open until February 20, 2026.

The public survey invites participants to share their perspectives on which strategic design principles should receive particular focus in the coming year, and provides space for suggestions for the board to consider as it examines budget priorities.

Public Survey Link: www.comoxvalleyschools.ca/budget-input-survey-public/ **Survey Closes: February 20, 2026 (end of day)**



2026-2027 Preliminary Budget

Survey Now Open

www.comoxvalleyschools.ca/annual-budget-2026-2027/



Learn More

Free in person event for caregivers happening Wednesday, Feb 18 at Mark Isfeld Secondary School from 6:30pm to 8pm in the Multipurpose Room. Topic this month is **Parenting When Our Kids Can't Go To School**

Community Events

Connect & Learn | for Parents & Caregivers

Emotion Regulation

When kids frequently have big emotions, parenting can be overwhelming and tiring. Discover some strategies and skills that can make it easier for your kids and you, and learn about the critical role that parents and caregivers play to create positive change for young people.

Learn about emotion regulation and dysregulation from Nicole Allen, Registered Clinical Counsellor.



Details

This video presentation will be followed by a facilitated discussion by Family Peer Support Workers in the Comox Valley.

LOCATION:

Mark Isfeld Secondary (multipurpose room)
1551 Lerwick Rd, Courtenay
The entrance is to the left of the main office doors.

DATE: Wednesday, March 18, 2026

TIME: 6:30 - 8:00 PM

COST: Free

This event is for parents/caregivers only, and we are not able to provide childcare.

Questions?

EMAIL: megan.watson@familysmart.ca

PHONE/TEXT: (250) 890-2393

For more information and to register, go to familysmart.ca/events



Register online at
familysmart.ca/events



[Andrew Ferneyhough](#)

Principal

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