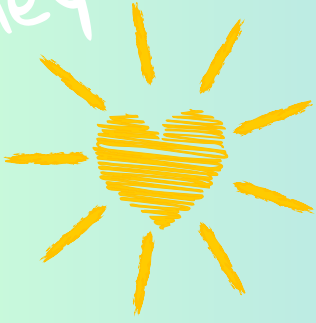


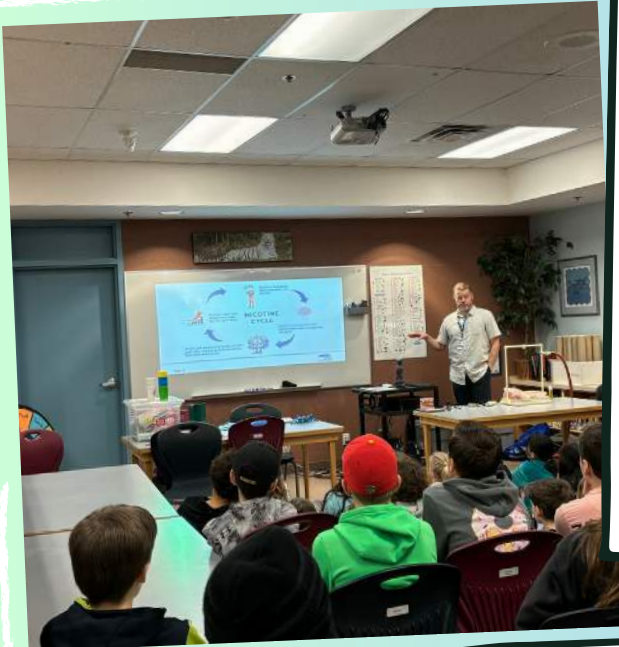
# Valley View Elementary School Newsletter



## Principal's message

Good afternoon Valley View families,  
This week, our grade 5-7 students learned about the harmful effects of tobacco and vapour products. Also, in the next month, our classes will be working with district physical literacy specialist, Jina Taylor. Please see the attached file for ideas on how to strengthen your child's physical literacy and overall wellness.

Have a great weekend and enjoy the sunshine!  
Madame Michelle Mowbray, Feb. 2, 2024



## Next week:

Monday Feb 5

Gr 7 Girls BB practice 2:30- 3:30  
Jina Taylor - district physical literacy teacher in gym

Tuesday Feb 6

Intermediate math Club  
Gr 7 Boys BB practice 2:30-3:30

Wednesday Feb 7

Leadership Club & Kindness club  
Boys BB game at Valley View 3:00-4:00  
No BB game for girls this week  
Michael Bortolotto presentations Div 7,8,9

Thursday Feb 8

Chess Club

Friday Feb 9

**WEAR RED** for LUNAR NEW YEAR  
Noodle lunch  
Dance Dance Fridays club 11:45  
Jina Taylor - district physical literacy teacher in gym



Save the date!



# Family movie night!

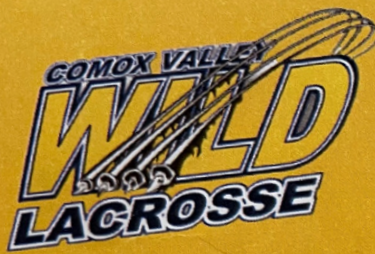
5:30 Wednesday, February 21st

Popcorn and treats for sale (PAC fundraiser)  
\*\*Students must be accompanied by their parent/guardian.



Congratulations Avelyn H. for winning lunch with Mme Mowbray and a friend for filling someone's bucket with kindness.

**WE THINKERS** fill other people's buckets!



VISIT US AT:  
[comoxvalleywild.com](http://comoxvalleywild.com)

Comox Valley Lacrosse Association

**FREE DROP-IN:**

LEARN TO PLAY PROGRAM 2024

JAN 14, 21, 28 AND

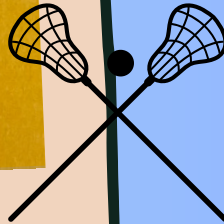
**FEB 04, 11**

SUNDAYS 4:45PM - 5:45PM

CFB COMOX BASE GYM

Ask us:

[PRESIDENTCVMLA@GMAIL.COM](mailto:presidentcvmla@gmail.com)



## • Family Sessions - Establishing Safe, Caring & Respectful Digital Communities

In partnership with the Ministry of Education and Childcare, Safer schools Together have opened up four more dates for our "Social Media Awareness" Family Sessions.

These sessions were designed to support families and caregivers navigate the digital world. See dates here:  
<https://pages.saferchoolstogether.com/erase-family-session>

# KINDERGARTEN REGISTRATION



The poster features the Comox Valley Schools logo on the left, which includes a stylized mountain and trees. To the right is the 'Kindergarten Registration' logo with colorful children icons. The background is a photograph of children in winter coats walking through a forest.

**Open Now**  
Neighbourhood Schools  
Indigenous K/1  
French Immersion  
Montessori

**January 29**  
Late French Immersion

**February 7**  
Navigate/NIDES  
Fine Arts eCademy Compass

TO REGISTER AND FOR MORE INFORMATION VISIT  
WWW.COMOXVALLEYSCHOOLS.CA/KINDERGARTEN-REGISTRATION

## Cross Boundary Requests

The cross-boundary transfer request process for Comox Valley Schools opens on February 1st, 2024 and will be open until February 29th, 2024.

Students registered in the Comox Valley School District may request a transfer to a school outside their catchment area for the 2024-2025 school year.

<https://www.comoxvalleyschools.ca/cross-boundary-request/>

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. (see attached)

Jina Taylor

District Physical Literacy Support Teacher K-9

Sport For Life Education Coordinator


School District #71

Email: [jina.taylor@sd71.bc.ca](mailto:jina.taylor@sd71.bc.ca)




# 3 Part Internet Safety Presentation for families

**3 PART INTERNET SAFETY PRESENTATION FOR FAMILIES**

**TUESDAY FEB 6TH 7PM-8:15**  **CYBERBULLYING, NUDES & PROTECTIONS FOR MIDDLE SCHOOL-AGED YOUTH (GR6-8)**  
**AUDIENCE: YOUTH W/ PARENTS/CAREGIVERS**

**THURSDAY FEB 15TH 7PM-8:30**  **MONITORING, FILTERING AND TOOLS W/ Q&A FOR PARENTS AND CAREGIVERS**  
**AUDIENCE: PARENTS & CAREGIVERS**

**TUESDAY FEB 20TH 7PM-8:30**  **ONLINE PORN, RADICALIZATION, SHAMING & DISINFORMATION W/ Q&A**  
**AUDIENCE: PARENTS & OLDER YOUTH**

**\*IF YOU HAVE THE LINK YOU CAN WATCH THEM FOR 48HRS AFTER**

Email DPAC ([dpac@sd71.bc.ca](mailto:dpac@sd71.bc.ca)) to get on the list for the email with the links

# AROUND

Valley View

Black History Month



Lunar New Year

Self-expression

