

École Willow Point Elementary

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Website: http://www.sd72.bc.ca/willowpoint/

Dear Parents/Guardians

Spring is almost upon us – we think! It is hard to believe we will be moving our clocks forward on March 12th and Spring Break is quickly approaching.

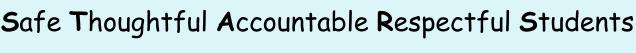
Winter term has been a busy one as promised. It is great to see all the progress our students are making in their academics and the sense of pride and accomplishment this brings with it. It continues to impress us how much growth our students experience at this time of the year. On Wednesday, March 15th are our student led conferences and you will soon hear from your child's teacher about a time to sign up.

It is a pleasure to be part of this great community and your involvement does not go unnoticed or unappreciated. We wish you all a relaxing Spring Break which begins on Monday March 27th!

Kind Regards,

Hendrick Horsthuis and Rachel Black







February Birthdays

Mayla 05 Shayla 06

Alexander 09 Anneke 09

Darren 10 Autumn 12

Kallen 15 Kimaya 16

Kalvin H 16 Abigail 18

Maximus 21 Koen 2

Makena 22 Stella 24

Evelyn 26 Lincoln 26



March Birthdays

Ethan 03 Ari 05

Hailey 07 Everett 14

Ben 14 Axel 17

Caleb 23 Gavin 26

Cassidy 27 Zareen 27

Persephone 29 Lexie 29

Cairo 30 Madeleine 30

Phoenix 30 Michael 30

Keegan 31

FEBRUARY BIRTHDAY BOARD



Our Police Liaison officer was quite the celebrity at a recent Lockdown Drill! Here he is signing autographs for students:)





Mme Louisel's class doing sponge painting on Pink Shirt Day!!





DRUM MAKING!!

Our students were very fortunate to take part in traditional drum making with our Indigenous support worker and local Elders!!

THE ROUTE TO SCHOOL SHOULD ALWAYS START WITH SAFETY

Island Health recognizes the importance of daily physical activity. Are your children getting 60 minutes of physical activity a day?

"Together, we can make active travel, like walking, cycling, or taking transit, part of our school routine - for the good of our physical and mental health and our communities."

~ Dr. Murray Fyfe, Medical Health Officer, Island Health

Active travel to school has many benefits including the development of physical literacy. It's a great way for family and friends to connect meaningfully during travel time, and to form new habits of becoming active and spending more time outdoors. It's also a great time to teach your children an important skill that we often take for granted... *road sense*. Remember to teach age-appropriate rules of the road.

Here are a few tips to make sure the commute to school is safe:

- •Look. Ask your children to make eye contact with drivers before crossing the street, and reinforce the importance of looking in both directions before crossing the street.
- ◆ Listen. Put away electronics, and remind your children to be alert, especially when crossing streets.
- ◆Be seen. Wear bright clothes and reflective gear, especially at night and in poor weather.

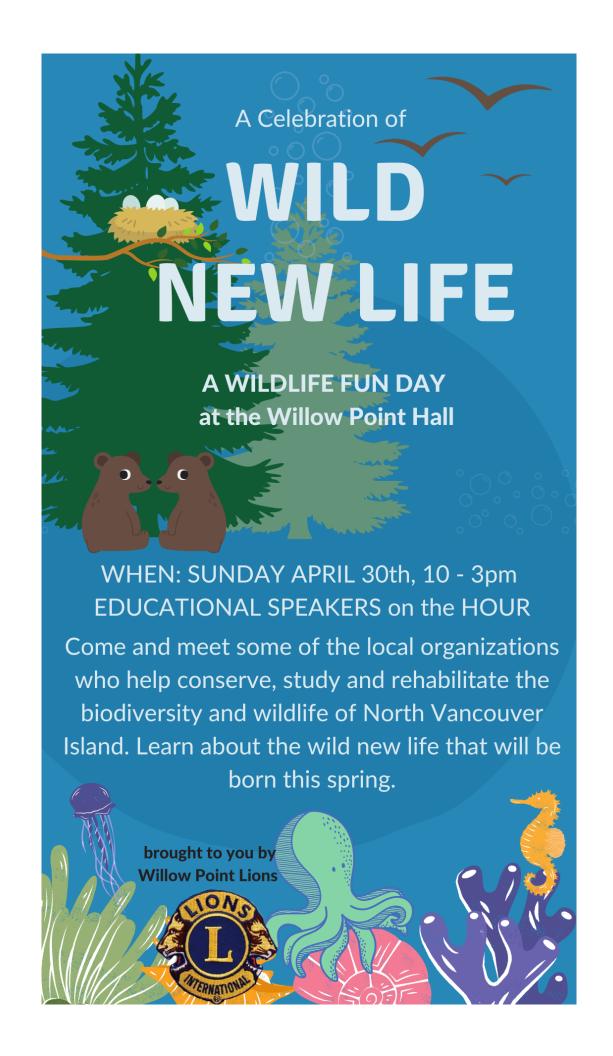
Parents can map-out safe routes to school. Contact your children's school, as there may already be a list or map of popular routes. For parents who are concerned about their children walking alone, connect with neighbours or classmates – there is always safety in numbers.

Less children being driven to school = less traffic and safer roads. It's a WIN WIN.

For more ideas and information:

- ◆Your local Public Health Unit
- ◆Bicycle Safety (CAA)
- ◆Road safety for your kids (ICBC)
- ◆Active School Travel Planning (CRD)





EASY IDEAS

WITH VEGGIES AND FRUIT



Most children don't get enough vegetables and fruit each day. Proportionally speaking, half of the foods they eat should be veggies and fruit.

Support your child to eat vegetables and fruit:

- ◆Eat more vegetables and fruit when you have a meal together. Children learn by watching you.
- •Involve children in buying and preparing vegetables and fruit. Try cut-up veggies and fruit such as cucumber slices, cherry tomatoes, cauliflower, oranges, apple, pear, melon or berries with salad dressing or yogurt for dipping.
- •Cut and serve them in many ways. Try vegetables and fruit cold, hot or right from the freezer. Frozen grapes or blueberries make a terrific snack.
- •Offer vegetables and fruit at snack and meal times. It can take up to 20 times of offering the same food before a child will accept it.

A child's intake varies from day to day. Trust that a healthy child will meet their nutrient needs over time.

Need fresh ideas? Check out halfyourplate.ca

For more information:

- Your local Public Health Unit
- ◆HealthLinkBC and Dietitian Services or dial 8-1-1 and ask to speak to a Registered

Dietitian (a free call)

WHY USE FLUORIDE TOOTHPASTE?

Fluoride is absorbed into the tooth enamel making the tooth more resistant to decay. New teeth especially can benefit from fluoride, and school-aged children are getting their new adult teeth.

Daily use of fluoride toothpaste is a cheap and easy way to protect children's teeth from decay. A small amount of toothpaste about the size of a pea, used twice each day, is all you need.

Public water supplies on Vancouver Island do not have fluoride added. Therefore, it is very important to use fluoride toothpaste.

Spit out after brushing – don't rinse! This will allow small amounts of fluoride to stay in the mouth. The fluoride can help reverse areas of early tooth decay and slow down the decay process.

Toothpastes with special adult ingredients such as "anti-tartar", "whitening", and "anti-bacterial" agents are not recommended for children under age 12.

For more information:

◆Island Health, Public Health - Dental:

Comox Valley Health Unit 250-331-8520

Campbell River Health Unit 250-850-2110

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Sun	Mon		Wed		Fri	Sat
			1	2	3	4
		KINDERGA	RTEN REGISTRA	TION WEEK		
5	6	7	8	9	10	11
12	13	14	15	16	17 Pro D Day	18
19	20	21	BE A BUDDY NOT A BULLY	23	24 Hot Lunch Taco Del Mar	25
26	27	28				



Sun Mon Tue Wed Thu Fri Sat 5 6 7 8 9 10 11 6 7 8 9 10 11 Hot Lunch Pita Pit Hot Lunch On Dave's Bakery 12 13 14 15 16 17 18 District Battle of the Books No regular classes No regular classes Lunch Subway Carnaval Skate Hot Lunch Subway Sate Hot Lunch Boston Pizza 26 27 28 29 30 31 SPRING BREAK - RETURN APRIL 11TH.							
5 6 7 8 9 10 11	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Pro D Duffle Bag Theatre Zone Battle of the Books Dave's Bakery				1	2	Hot Lunch	4
District Battle of the Books of	5	Pro D	Duffle Bag	8	Zone Battle	Hot Lunch Dave's	11
26 27 28 29 30 31	12	13	District Battle	Student Led Conferences No regular	Pizza	Carnaval Skate Hot Lunch	18
	19	20	21	22	23	Carnaval Skate Hot Lunch	25
	26						