

February 2022

# PENFIELD ELEMENTARY



## FEBRUARY 2022 NEWSLETTER

Dear Parents,

Here we are in February already and at the mid-point of the year, we start to think about next year. Most important perhaps are the Kindergarten registrations and cross catchment requests which both have deadlines. This year, Kindergarten registration is from January 31<sup>st</sup> to February 4<sup>th</sup>. In addition, cross catchment requests that are in by February 25<sup>th</sup> will receive notification if they are approved or not in March. Late cross catchment requests will not be approved until a later date. Detailed information can be found inside of the January newsletter. Not sure of something? Give us a call! Know of any new families with four or five year olds? Send them our way!

This year you will be receiving a midyear report card which will be coming home before Friday, February 11<sup>th</sup>. We are proud of how hard our students have been working and the progress they have been making.

We would also like to take this opportunity to thank our PAC, all our parents, and family members who support what we do at Penfield. Many of our students are enjoying Yoga lessons which have been supported by our PAC. We are continually impressed with the amount of support given by our Penfield families to our school and the dedication of the entire staff.



Kind Regards,

Hendrick Horsthuis and Kelly Gage

### Reporting Student Absences

Please report student absences each day (unless you have pre-notified of multiple day absence). Please provide the **REASON** for the absence (illness, vacation, appointment). This is important as we track information for health purposes.

Attendance Line: 250-923-4251

Email: [penfield@sd72.bc.ca](mailto:penfield@sd72.bc.ca)

#### School Pick Up & Drop Off Area

Please do not park and leave your vehicle in the drop off zone. This area is for the purpose of quick student drop off. This is not a parking area.

Thank you

## PENFIELD FLYER



## PAC NEWS

### PURDY'S FUNDRAISER

PAC will be doing the Easter Purdy's orders again this year. A link to online ordering will come out mid-February. More information to come.



Next PAC meeting  
February 8th 5:30pm-  
6:30pm.

Look for the meeting link  
on the Penfield PAC  
Facebook group.

### Kindergarten Registration

January 31—February 4

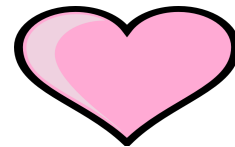
#### How to register:

- Visit the School District 72 website to obtain the Elementary Registration Form.
- Complete the form and email it to [penfield@sd72.bc.ca](mailto:penfield@sd72.bc.ca) along with supporting documentation (birth certificate, front and back of student's care card, proof of parent/guardian BC residency, any legal custody documentation)
- If you are unable to email the documentation, you may call the school at 250-923-4251 to book an appointment to complete the form and/or provide supporting documentation.

## PINK SHIRT DAY

FEBRUARY 23RD

This year's theme is Kindness Starts Here. If your child is able, please have them wear pink shirts on the 23rd



### TWO'S DAY (02-22-22)

In celebration of "Two's Day", the school is doing a Crazy Sock Day. Wear 2 different crazy socks on this day.





# HAPPY BIRTHDAY

To the following Penfield students who have February birthdays

Caleb J	Ariel-Lily S.T	Evan Z-W	Jaxson C
Kyron G	Damon H	Everly R	Noah N
Corban B	Jasper H	Keenan S	Eliana B
Carter C	Mason W	Liam S	Jaxon N
Christopher M			



## VALENTINE'S DAY

If your child is planning on giving out Valentines cards, please ensure that there are no "goodies" attached to the cards. We are asking that again this year only cards be exchanged, no chocolates, suckers, candies, toys etc.

In addition, homemade and/or store bought class treats may not be brought in by students.



### Valentine Funnies

What flower gives the most kisses on Valentine's Day?

**TULIPS!**

What did the calculator say to the pencil on Valentine's Day?

**YOU CAN ALWAYS  
COUNT ON ME!**

Do skunks celebrate Valentine's Day?

**SURE, THEY'RE VERY  
SCENT-IMENTAL!**



## PENFIELD LIBRARY NEWS

### 2022 dates are as follows:



**School Battle:** Wednesday, February 23 at Penfield

**Zone Battle:** Virtually during the week of March 1

**District Battle:** Virtually on Tuesday, March 8

Students are busy reading the selected books and will begin practicing in their teams this month. Starting with the school competition, students will compete in same grade teams to answer 30 questions about the books. The two top teams from each grade will advance to the zone Battle of the Books event. The zone competition (Penfield and Georgia Park) is being hosted virtually this year using TEAMS. If a team from our school wins at the zone, they will progress to the district Battle of the Books competition which will also likely be on TEAMS.

Students will be notified of when practices will be held and given questions to help them prepare. We will also start making team posters soon.

Thank you for the continued support and looking forward to a fun competition!

# February 2022

Mon

Tue

Wed

Thurs

Fri

	1	2	3	4
<i>Kindergarten Registration</i>				
7	8	9	10	11
14	15	16	17	18 <b>Non-Instructional Day</b>
21 <i>Family Day Schools Closed</i>	22 <b>TWO'S DAY</b> (2-22-22) <b>WEAR CRAZY SOCKS</b>	23 <b>Pink Shirt Day</b>	24	25 <b>Deadline for Cross Catchment Applications</b>
28				



## **Upcoming Dates to Note:**

- March 8: 100's Day
- March 9: Student-Led Conference Day
- March 14-25: Spring Break

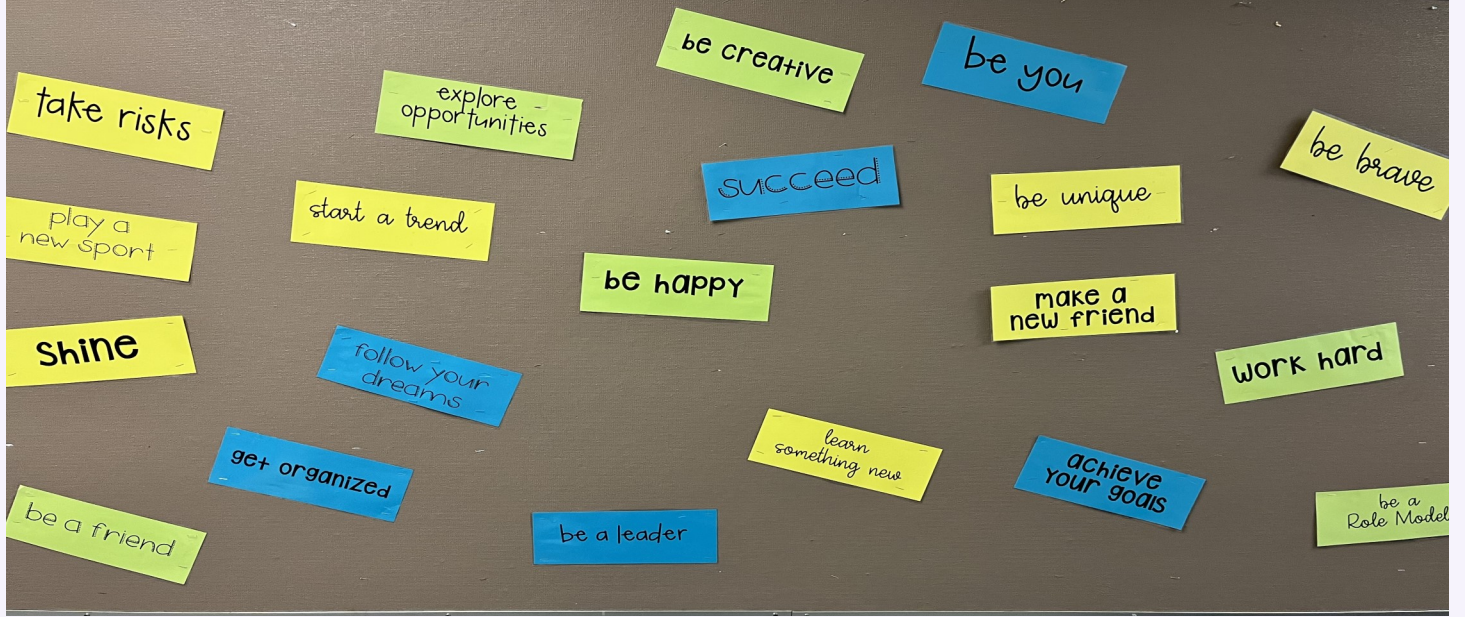


Mrs. Allan's Groundhogs don't see their shadows!



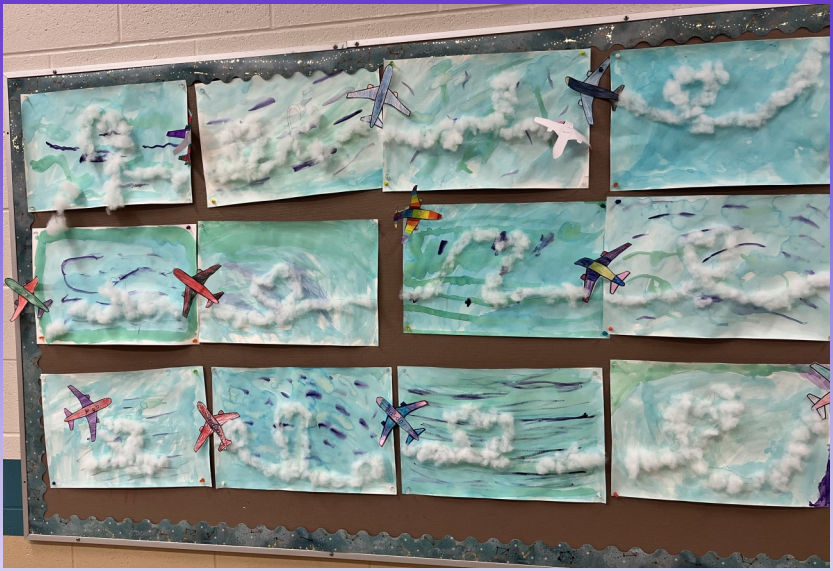
Fingers crossed for an early Spring











FANTASTIC  
PENFIELD  
CREATIONS



## THE MANY ACTIVE WAYS FOR YOUR CHILD TO GET TO SCHOOL

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*

Walking or wheeling all the way to school or every day may not be possible for your family, but there are alternatives that you may not have considered. If you want to make the journey to school more active and get your kids into the lifelong habit of active travel, consider these options:

- Walking or wheeling (bicycle, skateboard, scooter, wheelchair) part way to school or one day a week for Freedom Friday or Walking Wednesday.
- Taking the school bus or public transit for all or part of the way.
- Ever heard of "Drive to Five"? A Drive to Five Zone is an area where parking is less congested but only a five-minute safe and comfortable walk from the school, so that kids can still stretch their legs (and their brains) with a five-minute walk.
- Ever heard of a "Walking School Bus"? Same idea as a school bus, but with walking. A group of students walk with adult chaperones along a designated route to school. Many schools have a walking school bus organized by parents. Get one going at your school!
- Ever heard of a "Bicycle Train"? Same idea as the Walking School Bus, but on wheels. It consists of a group of children with at least one Bicycle Train adult leader, cycling to school together along a designated route.

For more ideas and information:

- Your local [Public Health Unit](#)
- [Drive to Five Toolkit](#) (CRD)



## HEALTHY RELATIONSHIP WITH FOOD

Are you curious about how to help your child eat well, have a healthy weight and develop a healthy relationship with food?

Ways to help children develop a healthy relationship with food:

- Offer 3 meals and 2-3 snacks regularly throughout the day.
- Offer a variety of healthy foods. Offer your child the same foods as the rest of the family.
- **Let children decide whether to eat and how much to eat.**
- If your child refuses to eat, remove uneaten food without comment. A skipped meal will not harm a healthy child.
- Never force or bribe your child to eat.
- Don't withhold food as punishment or offer it as a reward.

Healthy foods served in a relaxed family atmosphere are the best way to help children develop a healthy relationship with food:

- Enjoy food together - sit down and eat with your child!
- Turn off the TV, cell phones and other devices.
- Keep family meals positive and supportive. Check out the meal time conversation ideas at [BetterTogetherBC](#).

Trust that healthy children will eat what they need. If your child is not growing well or has health issues, contact your health care provider.

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)
- [Healthy Families BC](#)
- [BetterTogetherBC](#)
- [Ellyn Satter Institute](#)
- [Canada's Food Guide](#)



## **MOVE MORE, SIT LESS!**

### **UNDERSTANDING THE PHYSICAL ACTIVITY RECOMMENDATIONS**

Bodies are made to move and children and youth need to be moving more. How much more?  
At least 60 minutes every day!

#### **What types of activity?**

- Heart-pumping aerobic activity like running, basketball, soccer and biking at least 3 days each week
- Strengthening activities 3 days a week like climbing and swinging at the playground, push-ups, running, and jumping rope

Moving in all different ways helps children develop physical literacy AND a love of movement.

*"Kids' bodies have to move to get the wheels in their brains turning. They need to be active. Their brain health depends on it. A growing body of evidence indicates that physical activity in childhood is essential for a healthy brain."*

*(The Brain + Body Equation, 2018 ParticipACTION Report Card)*

**Physical Literacy** is when kids have developed the skills, confidence, and love of movement to be physically active for life.

#### **Parents who are active tend to have children who enjoy being active.**

Adults need at least 30 minutes of physical activity most days of the week. If you and your family are not meeting the recommendations, begin slowly and gradually increase the amount of time you spend being active. Find a few fun activities that the whole family can do together. If you need ideas, check your local recreation centre.

For more information:

- Your local [Public Health Unit](#)
- [24-Hour Movement Guidelines for Children and Youth](#)
- [Physical Activity Tips for Children \(5-11 years\)](#)
- [ParticipACTION](#)
- [HealthLinkBC and Physical Activity Services](#) or dial 8-1-1 (a free call)