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# NEWSLETTER



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Spirit Day on Thursday, February 11 Dress in Red, White and Pink!

# Administrators Message

It has been a calm, kind and safe few weeks and we appreciate the care that students and staff are all taking towards each other. We continue to remember and remind each other daily that physical distancing is keeping us all safe. This week we were presented with new guidelines for schools and as we make these adjustments, we **thank you** in advance for your continued efforts to help keep each other safe. We **thank you** for continuing to do the daily health check, for picking up and dropping off without lingering, for putting on hold those play dates in each others homes and to press the pause button on birthday get together indoors until we are through these most unusual times. After a year of washing hands, sanitizing surfaces and wearing masks, it can be easy to drop our guard and so **thank you** for continuing to be diligent

Our Kindergarten registration week brought us 22 new families to our school community with several families sending another child to Eagle View. As our numbers continue to increase, please help us out by directing any new families in your neighbourhood to register now, even if they won't be arriving until September. We don't want anyone to miss out on being able to attend their catchment school.

Throughout the month of February, we have a couple of special events. "Pink, Red and White day" on the 11th which will certainly brighten up our school with a punch of colour. Also, on the 24th we have 'Pink Shirt Day,' a day to remember the value of kindness everyday of the year.

Many thanks to our PAC as we enjoyed our first "Fun Lunch" today. There were many smiles during eating time and a sense of normalcy that we are longing for. We so appreciate what the PAC does for Eagle View.

A reminder that the students will enjoy a four day weekend as the teachers engage in professional development on the 12th and Family Day on the 15th of this month.

Mr. Galhon and Mrs. Relf Vice Principal and Principal



#### Eagle View is a 'Scent Aware School

Please remember that Eagle View is a 'Scent Aware' school. We have individuals in our school community who are highly sensitive to scented products (perfume, deodorant, hand lotion etc.) that we might use. Please consider this when using these products; we want everyone to feel healthy and well.









### View the full school calendar at: www.sd61.bc.ca/school/eagleview

Mon	Tue	Wed	Thu	Fri
1	2	3	4	<b>5</b> Subway Lunch
<b>B</b> K-12 Transfer Process Begins	9 Popcorn Recess	<b>10</b> PAC Meeting 6:00 pm	11 Red, Pink & White Day K-12 Transfer Process Ends	<b>12</b> Pro D Day School is NOT in Session
15 Family Day Stat Holiday	16	17	18	<b>19</b> Subway Lunch
22	23 Cobs Bakery Recess	<b>24</b> Pink Shirt Day In support of Anti-Bullying	25	26

## February Birthdays

Thane V, Jeremiah B, Cali F, Olive K, Andrew A, Elizabeth A, Alistair F, Finnley D, Poppy W, Riley H, Connor M, Noah M, Addi S, Benjamin P, Chloe R, Hayden D, Adyson P, Sarita W, Taylor G, Aiden B & Danielle C. Happy Birthday!!

#### Kindergarten Registration - September 2021

We have been busy processing our new kindergarten registrations for September 2021. If you know of any families who have a child turning 5 this calendar year, please ask them to call the office at (250)744-2701 as soon as possible.



To register you will need your child's birth certificate, medical card and proof of residency. All registration is being done online this year. <a href="https://www.sd61.bc.ca/registration">www.sd61.bc.ca/registration</a>

#### Student Transfer Process - K - 12

Eagle View Elementary is part of the Spectrum Family of Schools. Catchment students will move through our family of schools – Eagle View Elementary (K-5), Colquitz Middle School (6 – 8), and Spectrum Community School (9-12). Non-catchment students in Grade 5 will be pre-transitioned to their catchment school. Each year as part of the registration process, parents are given an opportunity to apply for transfer if they wish their child to attend a school outside of their assigned catchment. The student transfer process for K – 12 will begin on February 8 – 11, 2021. Transfer forms will be available at any Greater Victoria School District schools as well as online. Please visit www.sd61.bc.ca for more information or give our school office a call at 250-744-2701.

#### Winter Weather - Important Information



Remember, we have "West Coast" recesses at Eagle View. Please ensure your child is dressed for all weather, particularly rain! We are now in the season when inclement weather may affect the safety and welfare of students. In particular, snowy weather has the potential to cause school closure or some School District 61 services to be suspended.

During inclement weather, information about schools will be updated continuously on the Greater Victoria School District 61 website at http://www.sd61.bc.ca/. We will also be using our School Messenger system to convey messages of this nature as well.

Within the Greater Victoria School District, the Superintendent of Schools will provide media outlets with information about the status of our facilities and transportation services by 6:30 am.



# Family Literacy Day





































Eagle View is a Scent Aware School Please help us keep the air we share healthy and fragrance free

#### February 2020

#### February is Heart Month

February is full of hearts.... Heart Month and Valentine's Day! Did you know that boosting your mood and getting enjoyment out of life is one way you can take care of your heart! Below are a few ways you can give your heart a boost.

**Do things that positively impact others**. Being useful to others and being valued for what you do can help build self-esteem. A phone call to a friend you haven't heard from in a while can make someone's day. **Learn or discover new things**. Join a book club, visit a museum, learn a new language or visit somewhere new.

**Enjoy the beauty of nature or art**. Studies show that walking through a garden can lower blood pressure and reduce stress. The same goes for strolling through a park or an art gallery, hiking, admiring architecture or sitting on a beach.

**Engage in meaningful, creative work**. Do things that challenge your creativity and make you feel productive, whether or not you get paid for it – things like gardening, drawing, writing, playing an instrument, or building something.

**Make time for leisure.** Do positive things for no other reason than that it feels good to do them. Go to a funny movie, take a walk on the beach, listen to music, read a good book, or talk to a friend. Play is an emotional and mental health necessity.

Make time for reflection and appreciation. Think about the things you're grateful for. Enjoy the sunset or take a moment to pay attention to what is good and positive as you go about your day. Everyone is different. Some people feel better relaxing and slowing down while others need more activity and more excitement or stimulation to feel better. The important thing is to find activities that you enjoy and uplift your heart!



## ~ News from EVE PAC ~

#### **PAC Meetings**

The next PAC meeting will be on Wednesday, February 10, at 6:00 pm, via Zoom. All parents are welcome to attend.

