

Northridge Newshawk



Newsletter # 8,

February 13, 2020

Principal's message

Happy Valentine's Day...tomorrow. Northridge Valentine's Day celebrations have focused on kindness and friendship. Our grade 4/5 YCI students (Youth Creating Inclusion) have displayed a 'kindness calendar' for our school in the main hall. Each day the calendar challenges everyone in the school to show kindness to each other. Today the prompt was to give someone a genuine compliment. Our kindergarten students in Division 13 embarked on training to be Kindness Ninjas. They have taken a kindness pledge and will be working on two weeks' of kindness activities such as, cleaning the school grounds and creating notes of appreciation for the staff. It was quite a sight to see them head down the hall, dressed with red ninja headbands to undertake their mission of kindness. I hope you have a wonderful four day weekend and have the opportunity to spread some kindness with your family and friends.

Dates to remember

February 14 th	Pro D Day – No school
February 17 th	Family Day – No school
February 19 th	PAC Meeting 6:30pm
February 26 th	Family Games Night
February 26 th	Pink Shirt Day
February 28 th	Subway Hot Lunch

Pink Shirt Day Pledge- Kindness Day



Pink Shirt Day is on Wednesday, February 26th. Students pledge "to care, help change things, to be a leader in being kind and respectful, and to know that standing up for someone is the right thing to do." Thank you to everyone who supports the day by wearing pink and being kind every day.

Phone Number, Address and Emergency Contact Information

Please advise the Office if you have recently moved or changed your phone number. Also, please advise us if you have new emergency contact information. This information is helpful in the event that your child is injured or sick at school and needs to be picked up. Besides family members, if possible, place a few trusted neighbors or family friends on the list. This way, there is someone to pick up your child even if there is a family emergency. Always make children aware of who is on the emergency contact list and who has permission to pick them up.

Basketball Program



The students in Grade 4 & 5 have enjoyed an excellent season of basketball. Skills were taught in November and December and games have been ongoing twice weekly after school in January and February. The Grade 5's will participate in a mini tournament at Spectrum High School gymnasium on the afternoon of Monday, February 24th. Special thanks to Mr. Johnston and Mr. Richardson for providing such a fine program and basketball experience.

Country Grocer (Royal Oak) – Save a Tape Program



Save your grocery receipts and drop them off at the school. Country Grocer will donate 3% of the total sales of the receipts collected. That's \$3 to our school for every \$100 spent at Country Grocer. You can ask family and friends to save their receipts for you as well. There is a drop off box located inside the Northridge Office. This is a great fundraiser!

A few messages from the Northridge PAC.....

We first want to start with a thank you to everyone that has helped out at all our events this year!! We can't do any of this without you!!

Staff appreciation week February 18-21

The PAC is hosting our annual Teacher/staff appreciation week February 19-22. We really need your help with snacks, tea, coffee on Tuesday, Thursday and Friday that week and then our big luncheon is on Wednesday February 19th. For the lunch we will need goodies and main dishes as well as people to help set up/clean up and supervise the children outside so the staff can enjoy the lunch. There is a sign-up sheet on the PAC board outside the office as well as a sign up attached to this email to sign up on-line or you can email Linsay Kellow at l.szteina@gmail.com.

Thanks for everything that you guys do to help make this teacher/staff week amazing!!

<https://www.signupgenius.com/go/5080D44A5A72CA2FC1-teacher>

Family Games Night – Wednesday February 26th

The Boardgame cafe and Northridge are hosting Family Game night. February 26th from 5:30 -7:30pm in the gym. The PAC will be supporting this event by selling pizza, water/milk and veggies for \$3. We hope to see you all there to play some games with your family and friends. Should you have any questions around the food, please feel free to contact Linsay Kellow at l.szteina@gmail.com.

The White Hatter
Internet Safety/Social Media and Digital Literacy

Workshops for Gr 4/5 Students & Parents - Tuesday March 10th

Is internet safety a topic that is on your mind? Do you know how to make sure your children are safe while on the internet? Northridge is bringing an expert on the topic to speak to all grade 4 & 5 students and their parents for two separate workshops. "The White Hatter" is a local family run company operating since 1993 in Victoria. They have established a reputation for providing internet and social media safety, digital literacy to schools all over Victoria and Internationally.

The Grade 4/5 student workshop will take place during their school day.

The focus will be helping students to understand the power of digital technology and mobile communications and to be aware of the unintended consequences of high risk online behaviour. Please go to www.thewhitehatter.ca/internet-safety-elementary-school for more details.

The parent workshop will be held in the evening from 6:30-8:30 pm.

This workshop will provide information needed to help keep students safer, increase their privacy and protect their online digital footprint.

Some of the topics covered will be:

- The four step process to Internet safety that all parents should know
- Hardware/Software monitoring/protection issues
- What are Chat Rooms, Instant Messaging, and SMS/MMS texting and how to stay safe while using them
- Emotional, psychological and physical challenges surrounding on-line addictions to pornography, gaming and gambling
- Cell phone/ Smart Phone and Web Cam safety
- The good and bad of Social Networks such as Facebook, Twitter, Tumblr, Instagram, etc.

Please go to www.thewhitehatter.ca/internet-safety-parents for more details.

REGISTER for this FREE! parent workshop at:<https://www.eventbrite.ca/e/the-white-hatter-internet-safety-social-media-and-digital-literacy-tickets-93578735517>

Contact: Linsay Kellow l.szteina@gmail.com

Sponsors: VCPAC and Northridge PAC

Vancouver Island Parent Conference - Saturday Feb 29 8:30-4

The Vancouver Island Parent Conference has been putting on world-class parenting conferences for 13 years, bringing together attendees from across BC. This year's conference theme is "The Balancing Act". Come enjoy a day of connecting with other parents over important, of-the-moment issues. Learn useful tools and hear fresh perspectives from leading experts. The Northridge PAC has a code for 1 free ticket. If there is a parent or person interested in going to this conference please email Linsay at l.szteina@gmail.com ASAP to claim your ticket.



13TH ANNUAL 2020
VANCOUVER ISLAND PARENT CONFERENCE
THE BALANCING ACT

Saturday, Feb 29, 2020
8:30 am to 4:00 pm

Belmont Secondary School
3041 Langford Lake Road in Langford

workshops & education on
CREATIVE INTELLIGENCE • PARENTING • MINDFULNESS • FREEDOM • SEX • PERFORMANCE LITERACY

FEATURED SPEAKERS



ALYSON SCHAFFER
Acclaimed Parenting Expert
Allyson is an internationally acclaimed parenting expert, family counselor, and bestselling author. Audiences can count on Allyson to inspire and transform lives. Armed with years of research, clinical and field experience, Allyson provides a fresh and positive understanding of family dynamics along with actionable solutions that will give parents the skills and confidence needed to face modern life challenges. The end goal is to raise resilient, caring, and capable kids.



SHIMI KANG
Award-Winning Harvard-Trained Physician
A medical doctor, researcher, and expert on the neuroscience of innovation, leadership, and motivation, Dr. Kang provides science-based solutions for health, happiness, and achievement in the workplace, classroom, and at home. With almost 20 years of clinical experience and extensive research in the science that lies behind optimizing human intelligence, Kang provides practical tools to cultivate the key 21st century skills of resilience, connection, creativity, and more.

Registration: \$100 includes lunch and refreshments.
Registration deadline is Feb 20. Early bird rate: \$75 if registered by Feb 10.
For info updates or to register visit www.vipc.ca or email: info@vipc.ca

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