



Northridge Notepad



Our Northridge values: Safety, Kindness and Respect

January 8, 2021

Happy New Year

Here's hoping the 2021 is a great year for you and your family. We have made it through the long 2020 and are ready for this new year to start.

On Monday morning we welcomed all staff and students back after the Winter Break and slowly returned to our regular routines. By the end of the week all classes were back in full swing and the school was back to humming and buzzing with activity. The students are always excited to reconnect with their teachers and their peers after a break, especially during these strange times.

We want to thank you for continuing to support and encourage good Covid habits as together we can keep our school and community healthy. Remember to review the daily health checklist symptoms and help us stay safe by keeping your child home if they are ill and seeking advice from public health if they are exhibiting a fever or more than one of the symptoms on the list. It seems that it will be several months before a vaccine is widely administered so we have to stay vigilant. As always, if you have any questions about school please do not hesitate to contact the office. We will be happy to help.

Dates to remember

January 11th-15th – Early French Immersion Registration Week (K-Gr.1)

January 25th – Pro D Day (No school)

January 25th – 29th – Kindergarten Registration and Kindergarten Transfer Week

February 8th-11th – K-12 Student Transfer Week



MENTAL HEALTH AND WELLNESS SNAPSHOT

SUPPORTING OUR STUDENTS BY SUPPORTING THOSE WHO CARE FOR THEM

This month's Snapshot is on Kindness!

Teaching our kids how to be kind to others is important, but equally important is teaching them to be kind to themselves!

Read more about self-compassion in the Snapshot...

[Early Learning and Elementary January 2021 Snapshot](#)



[5 Most Popular Snapshots of 2020](#)

CHILDHOOD STRESS & ANXIETY BUILDING RESILIENCE

EMPOWERING STRATEGIES EFFECTIVE SUPPORTS



ZOOM Presentation and Discussion By:

Julie-Anne Richards, M.A., R.C.C., C.C.C.

Registered Clinical Counselor, Psycho-educational
Consultant

www.JulieAnneRichards.com

6:30-8:00 pm

Tuesday

January 12, 2021

**REGISTER TO RECEIVE ZOOM
SIGN-UP LINK**

**Hosted by McKenzie
Elementary**

Tailored for Parents,
Caregivers and
Educators supporting
children ages 5 - 11

**VIRTUAL
PRESENTATION**
Please download
ZOOM App to your
device and the Link
will be emailed to
you January 12

Free Event!

REGISTRATION REQUIRED (copy and paste in browser)

[https://www.eventbrite.ca/e/free-virtual-presentation-on-childhood-anxiety-by-julie-anne-richards-tickets-](https://www.eventbrite.ca/e/free-virtual-presentation-on-childhood-anxiety-by-julie-anne-richards-tickets-135225744843?utm_campaign=post_publish&utm_medium=email&utm_source=eventbrite&utm_content=shortLinkNewEmail)

[135225744843?utm_campaign=post_publish&utm_medium=email&utm_source=eventbrite&utm_content=shortLinkNewEmail](https://www.eventbrite.ca/e/free-virtual-presentation-on-childhood-anxiety-by-julie-anne-richards-tickets-135225744843?utm_campaign=post_publish&utm_medium=email&utm_source=eventbrite&utm_content=shortLinkNewEmail)

This Presentation is structured for an Adult Audience

Funded by the Eric Palmer Memorial Foundation

www.ericfoundation.com

Here are a few of our super awesome Kindergartener's art work:







