

McADAM ELEMENTARY SCHOOL

MONTH: FEBRUARY 2021

Respect Yourself, Respect Others, Respect Community

PINK SHIRT DAY FEBRUARY 24, 2021

We are showing our support for **Anti-Bullying** by wearing a pink shirt on Feb. 24th. It is important to note that this is more than just wearing a shirt.

Bullying is real and it is important to identify what bullying is. The following is a list to help show the difference between **Conflict & Bullying**:

Conflict:

- **Conflict** is a normal part of life and when kids learn to deal with it in a healthy way, it helps kids master the social skills they need.
- When a **conflict** occurs, everyone involved has equal power in the relationship.
- In a situation of **conflict**, usually both children are upset.
- In **conflict** all participants have a feeling of remorse.
- When there is **conflict** the children usually want to solve the problem.
- **Conflict** happens occasionally. Especially when the same kids are playing together (even more so during COVID).
- Usually **conflict** is not emotionally damaging.

Bullying:

- The best way to identify **bullying** is to recognize that it is a deliberate act. The goal is to hurt, insult, or threaten another person.
- When **bullying** occurs the victim is upset, but the bully is not.
- In the case of **bullying**, the bully has no remorse
- In a situation of bullying, the bully does not see the need for a resolution.
- **Bullying** is an ongoing negative interaction between two people where there is an imbalance of power.
- **Bullying** can be a serious emotional or physical threat.

In society today, there is a significant increase in bullying that happens online. Please be conscious of your child's online activity.

♥ **Home & School**

We are excited to have established a Home & School committee in addition to our PSSC committee. They have already helped raise \$1030.85 with the Bottle Drive! Save up those bottles because another one is coming in March!

♥ **School Clothing Update**

We are also excited to reveal our clothing that you will be able to order through School Cash Online. A student in grade 2 made the logo for the t-shirt and sweatshirt.



♥ **Heart Healthy Schools**

We are starting our Heart Healthy School Challenge. The challenge is about raising awareness of the 5-2-1-0. The 5 is for students to have 5 servings of fruits and vegetables each day. The 2 is for students to have less than 2 hours of screen time each day. The 1 is for students to have at least 1 hour of physical activity each day. The 0 is for students to have 0 sugar sweetened beverages each day. Our first challenge is the fruit and veggie challenge.

♥ **Spirit Week**

During the last week in February we will do a spirit week. Each day will have a theme and we will be doing different activities. One activity will be a whole school game of bingo with prizes. Stay tuned for more activities as we get closer 😊

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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|---|--|---|
| | 1 Challenge Starts!  | 2  | 3 | 4 | 5 | 6 |
| 7 | <div style="border: 1px solid green; background-color: #e0f0e0; padding: 5px;"> <p>February 1 – 12 Heart Healthy Schools Challenge – Eat 5 servings of fruits and veggies each day!</p> </div> | | | | | 13  |
| 14  | 15 Family Day No School for Students  | 16 | 17  | 18 | 19 | 20 |
| 21 Spirit Week  | 22 Hat Day  | 23 Tropical Day  | 24 PINK SHIRT DAY  | 25 Jersey Day  | 26 PJ Day  School Bingo Day | 27 |
| 28 |  | | | | | |

UPCOMING EVENTS:

- Gr. 5 Acadian Café – Date to be announced
- March Break – March 1-5
- March 17 – St Patrick's Day
- March 19 – PL Day – No school for students
- March 31 Report Cards Issued – K-8



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