**PRINCIPAL’S MESSAGE**

Thanks for the great first month back at school!! We are so happy to be back in-person. Please continue to do your daily screening for your children: [COVID-19 school screening (ontario.ca)](https://covid-19.ontario.ca/school-screening/)

We have had some cold days and some milder (but wet) days this winter. Please remember to keep sending winter clothing (boots, hats, mitts) so that your child(ren) stay warm and dry.

Ms. Holm

**IMPORTANT DATES**

Feb 3-National Sweater Day

Feb 6-Spiritwear Order Due

Feb 8- School Council

Feb 14 - Valentine’s Day

Feb 17 - Random Acts of Kindness Day/Report Cards

Feb 21- Family Day - NO SCHOOL

Feb 23 - Pink Shirt Day

**FEBRUARY IS BLACK HERITAGE, BLACK BRILLIANCE, BLACK FUTURES MONTH**

Black Heritage Month in Canada recognizes and celebrates the history, legacy of and current major contributions to North America by African descendants, including politics and policy, religion, music, sports, architecture and humanitarian work.

Responsively and with critical thought, students driving this work in the UGDSB requested that the month be named Black Heritage, Black Brilliance and Black Futures month in 2021. This intentional name represents a balanced approach to understanding that the history, reality, and future of people of the African diaspora involves immense racism and injustice including slavery AS WELL AS pre-slavery history, excellence, social justice action and positive contribution.

**FEBRUARY 3rd is National Sweater Day**

Since 2010, more than a million Canadians have shown their support for limiting global temperature rise to 1.5 degrees Celsius by turning down their thermostats by the same amount (or more) and wearing their favorite sweaters to stay warm.

**FEBRUARY 17rth is Random Acts of Kindness Day**

Random Acts of Kindness Day takes place for one day each year, always taking place in mid-February. It's a day dedicated to kindness and taking that extra, conscious step to brighten somebody’s day.

**FEBRUARY 23rd is Pink Shirt Day**

Pink Shirt Day is celebrated on the last Wednesday of February each year. People wear pink shirts to signify the stand against bullying. This day started in Canada and is now observed on various dates around the world. In 2012, the United Nations declared the official day to be May 4, but some countries prefer to celebrate it on February 28 or 29, and this date is accepted by many countries worldwide, countries like the United States, France, Australia, New Zealand, Lebanon, and the United Kingdom.

**SCHOOL COUNCIL**

School Council: Our Virtual School Council Meeting will be held on Tuesday, February 8th, 2021 from 6-7pm. All new members are welcome to join! The google meet link for the meeting is : <https://meet.google.com/pnv-gggq-aez>

**Wellness Works @ UGDSB Brought to you by the Wellness Works Team!**

This month at UGDSB our Wellness Work’s theme is Realistic Optimism.

What is Realistic Optimism?

Realistic optimism is:

■ Believing that you will succeed with the right inputs like hard work and careful planning

■ The tendency to look at the favorable side of events

■ Expecting a positive outcome while preparing for obstacles and seeing ways to work around them

■ A relatively stable expectation that good things will happen instead of bad

Here are some ways you can explore realistic optimism this month:

Self Talk: What we say to ourselves can shift our perspective. Ask kids to listen to that little voice in their heads and notice what it is saying. Identifying what they are saying to themselves is the first step. Next, prompt them to create new statements that are framed in a more positive tone. “I’m going to fail that test tomorrow” could shift to “I am going to do the best I can on that test tomorrow”.

Look for the Lesson: When something doesn’t go as planned, it can be easy to resort to blame. Often, that blame is turned on ourselves. Instead, look for the lesson. Intentional reflection can help highlight the possibility for personal growth inside of a challenging situation. What has this situation taught you? What have you learned? This is a great skill that adults can also model for their children.

SMART Goal Setting: Sometimes we set goals that are unrealistic or too vague, which leads to feeling failure when we don’t accomplish them. Setting goals that are Specific, Measurable, Attainable, Realistic, and Timely can help us celebrate small wins along the way, especially when connected to action tasks. Imagining what is possible and connecting it to the hard work needed to make it happen is realistic optimism in action!

**WHY Survey**

Beginning on February 14, the Upper Grand District School Board is collecting information on student health and well-being from youth, parents/guardians/caregivers and school staff. The *Well-Being and Health Youth Surveys* are designed to help us understand how well we are doing creating safe, welcoming, and inclusive environments in our schools. It also provides important information about the physical and mental health of youth in our area. More information will be sent on February 7th.

<https://survey.wdgpublichealth.ca/surveys/index.php?s=Y3MDMYWMH7>