



January 29 - February 2

School hours 8:45am – 2:37pm

Our Theme in February is Kindness and Community

- English Kindergarten Registration Week for Sept 2024 new K students
- Kindergarten Transfer Request Week for Sept 2024 new K students
- Grade 6 Late French Immersion Registration Week for current grade 5 English students wishing to enter the late French Immersion Program in Gr. 6 in Sept 2024
- If your child is already attending SJD in the English or French Program and you do not wish a change, your child will automatically be registered for the next school year (including grade 5 students moving to their catchment Middle School)
- For more information regarding registration, please visit the School District 61 website/registration at: <https://www.sd61.bc.ca/registration/>

Week at a Glance

<u>Monday, Jan 29</u>	Soccer gr.4-5 12:10-12:35pm (gym)
<u>Tuesday, Jan 30</u>	French Club gr.3-5 12:10-12:35pm (Archambault's class)
<u>Wednesday, Jan 31</u>	Choir practice 12:10-12:35pm Floor hockey gr.4-5 12:10-12:35pm (gym)
<u>Thursday, Feb 1</u>	Chess Club gr.3-5 12:10-12:35pm
<u>Friday, Feb 2</u>	

Important events coming up

Tuesday, Feb 13: PAC meeting 5:30-7pm

Friday, Feb 16: Pro-D-Day: no school in session for students

Monday, Feb 19: Family Day: no school in session for students and staff

Our Theme in February: Kindness and Community

Acts of kindness have a profound impact on both our physical and mental well-being. Acts of kindness can make the world a happier place for everyone, and research shows that when we are kind to someone, we also feel good.

This is because we not only know that what we are doing is the right thing to do, but kindness also produces feel-good chemicals that naturally increase dopamine levels. We also know that kindness makes us feel more connected and bonded, which is why we are focusing on kindness and community this month.

Kindness has a ripple effect and even just witnessing someone else being kind to another person can improve the observer's mood and inspire them to “pay it forward.”

