

# G. W. Carlson Elementary



February 2025

## Newsletter

### **Special Valentine's Hot Lunch**

On February 12<sup>th</sup>, PAC is providing lunch to all students and staff. There will be heart-shaped pizza, fruit trays, and a special treat. They'll need some volunteers to help with this so watch on the PAC's Facebook page for a call for help.

### Save the Date!

Swimming begins – see special schedule below

February 3 – 7 Mrs. Gough's families invited to breakfast

February 12 – Hot Lunch – heart-shaped pizza for everyone

February 13 – Professional Development Day (no school for students)

February 14 – Professional Development Day (no school for students)

February 17 – Family Day – no school

February 18 – 100<sup>th</sup> day of school

February 24 – 28 - Mrs. Systad's families invited to breakfast

February 26 – Pink Day

February 28 – Hot Lunch if you ordered

February 28 – Assembly – 12:40 – Mrs. Power's class featured

March 3 – 7 – Mrs. Power's families invited to breakfast

March 3 – 11 – Kindness Food Drive begins

March 12 – Domino Train

### **Swimming Lessons**

We are excited for swim lessons. The School District has partnered with the Rec Centre to provide six lessons for each class. Lessons are twice a week on Tuesdays and Thursdays (with one exception)

February 4<sup>th</sup> to February 20<sup>th</sup>  
**EXCEPT** swim Monday Feb 10<sup>th</sup>  
and no swim on the 13<sup>th</sup>  
Mrs. Gough  
Mrs. Yeager-Lobb  
Mr. Bartlett

February 25<sup>th</sup> to March 13<sup>th</sup>  
Mrs. Systad  
Mrs. Power  
Ms. Leigh

Send a towel and swimsuit in a separate bag on swim days. Extra snacks and/or lunch are a good idea too.

## Kindness Food Drive

Our Dene Law focus in March is **Help each other** and we think that a Food Drive is a great way to live and demonstrate the law.

Carlson has a proud tradition of helping others. As a community focused school, we want to help children understand the importance of giving. In the past few years, we have donated over 1700 boxes of cereal to our local Food Bank. Each year to celebrate, we set up a massive domino chain with the cereal boxes and then ..... knock it down!

**This year we're mixing it up.** We still encourage donations of cereal - but we are also accepting boxes of anything that **tips!** Items like, cereal, Kraft dinner, and Rice-a-roni. If you're unsure, set up a little train in the store aisle and try it out.

The more **boxes** the longer the chain, and the greater our donation to the Food Bank. A little competition is always good. The class that brings in the most boxes will get preferred viewing of the domino train together with a treat to enjoy.

**Donations will begin March 3<sup>rd</sup> and end on March 11<sup>th</sup>**

We will need parent helpers to set up the domino train on the **morning of March 12<sup>th</sup>**. Please contact Miss Kenney if you are able to assist.

## You're Invited .... to breakfast

We are very proud of our Breakfast Program and want to give you a chance to share in the experience. We're assigning each class a designated week and invite family to come and join us any of the days during your assigned week. Breakfast begins at 8:30 and runs until 8:55. Siblings are welcome too. We've enjoyed hosting three classes in the month of January. Here is the upcoming schedule:

February 3 -7	Mrs. Gough's class
February 24 – 28	Mrs. Systad's class
March 3 – 7	Mrs. Power's class



## Breakfast at GW Carlson February 3 - 28

Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Feb 3 - 7 <b>Mrs. Gough's families</b>	Cereal, Toast Yogurt and Fruit	Scrambled eggs and hashbrowns	Cereal, Toast Yogurt and Fruit	Muffins	Cereal, Toast Yogurt and Fruit
Feb 10 - 14	Cereal, Toast Yogurt and Fruit	Pancakes	Cereal, Toast Yogurt and Fruit	No school	No School
Feb 17 - 21	Family Day No School	Scrambled eggs and hashbrowns	Cereal, Toast Yogurt and Fruit	Bagels and Cream Cheese	Cereal, Toast Yogurt and Fruit
Feb 24 - 28 <b>Mrs. Systad's families</b>	Cereal, Toast Yogurt and Fruit	Pancakes	Cereal, Toast Yogurt and Fruit	Fruit Cups	Cereal, Toast Yogurt and Fruit

### PAC News

We encourage all parents to take an active part in PAC. Our next meeting is **March 10<sup>th</sup> at 6:30 p.m.** in the school library. Follow our GW Carlson PAC Facebook page for up-to-date information.

**Hot Lunches** – there are two in February! The first is a **heart-shaped** pizza lunch on February 12<sup>th</sup> which is **free** to all students. The second will be February 28<sup>th</sup> from McDonald's with ordering information posted closer to the date.

**Family Dance** - The Family Dance that was planned for February has been postponed. Look for a dance announcement sometime after Spring Break.



# SUBSTANCE USE PREVENTION: MENTAL HEALTH & DECISION-MAKING

A COMPLIMENTARY WEBINAR FOR PARENTS, GUARDIANS & CAREGIVERS

Join leading adolescent Clinical Psychologist Dr. Hayley Watson for an online event that aims to help parents, guardians and caregivers gain a deeper understanding of substance use prevention and learn practical tools for supporting youth mental health.



## Key Takeaways:

- ☑ Learn the factors that contribute to youth mental health/substance use
- ☑ Understand the skills that youth need to overcome these needs
- ☑ Acquire practical tools for empowering your child and youth to make positive choices
- ☑ Increase your ability to support your own mental health

**Time:** 6-7:30pm PST  
**Date:** 20th, 25th, 26th Feb 2025

**REGISTER NOW**

Scan the QR  
Code to Register



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