

### **Black History Month**

During Black History Month, people in Canada celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada a culturally diverse, compassionate, and prosperous country. For more information, visit: <u>https://www.canada.ca/en/canadian-heritage/campaigns/black-history-</u> month.html



Monday 24	Squash in Schools
Tuesday 25	Girls Basketball Game vs Lee @Bridge Parent Ed Virtual Session 6:30-8pm Hannah Beach Reclaiming Play to Combat Anxiety & Aggression Click <u>here</u> to register. (see below for more information)
Wednesday 26	Pink Shirt Day Boys Basketball Game vs Thompson @Bridge
Thursday 27	TCO2 Rescheduled Date (Grades 4/5 & 6/7) PAC Hot Lunch – Sushi Lovers – pre-orders only Boys Basketball Game vs Lee @Bridge Krispy Kreme Grade 7 Fundraiser order deadline
Friday 28	PAC Hot Dog Sales @2:45pm - \$2 Ramadan begins for those who celebrate



#### Presented by Hannah Beach February 25, 2025 6:30 – 8 p.m. <u>Click here to register</u>

Children are becoming more anxious and aggressive. The common thread? A stark **decline in free play**. After this session, you may never see play the same way again. **Our current culture has replaced play with entertainment and structured activities.** We are now seeing the emotional side effects of the loss of play in the lives of children as aggression and anxiety in young people is at an all-time high.

The research is clear: **children learn and develop best through play.** And yet, children are playing less than ever. In fact, this is the first generation of children that does not have a play-based childhood. The side effects? Children and youth are struggling. It has become harder than ever to lead and care for kids.

This conversation has never been more important as we look at how we can support children's emotional health and learning. We'll unpack the science behind play and how it lowers anxiety and aggression, builds resilience, and fosters social and emotional health. Little changes can have big effects. Join Hannah for a powerful workshop that will help you discover practical ways to transform your family culture and support your children in becoming their best selves.

Closed captioning in multiple languages will be available for participants.

# kindness MATTERS

At Bridge, we are learning to be kind to ourselves, others and place. Here are the messages of kindness from our morning announcements this week!

Be kind to others and they will be kind to you. Soyez gentil avec les autres et ils vous seront gentils.

> Kind people are the best kind of people. Les gens gentils sont les meilleurs.

lf you can be anything in this world, be kind. Si vous pouvez être n'importe quoi dans ce monde, soyez gentil.le.

You never know how one kind word can make someone's day. On ne sait jamais comment un mot gentil peut embellir la journée de quelqu'un.





#### Maha Shivaratri February 26<sup>th</sup>

Maha Shivaratri is one of the major festivals in Hinduism dedicated to worshipping Lord Shiva. People celebrate Maha Shivaratri by



fasting, keeping vigil and doing pujas at homes and temples. For more information, please visit:

https://timesofindia.indiatimes.com/religion/festivals/mahashivratri -2024-date-significance-and-celebration-of-mahashivratri/articleshow/107426954.cms

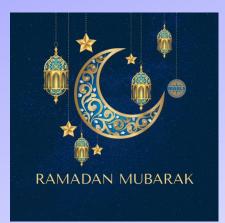
#### Pink Shirt Day February 26<sup>th</sup>

Pink Shirt Day is a student-created day in Canada to stand up to homophobic bullying. All students and staff are welcome to wear pink to school on February 26<sup>th</sup>, and any day of the year. A video of the co-founder of Pink Shirt Day can be found <u>here</u>.



#### Ramadan February 28<sup>th</sup> – March 29<sup>th</sup>

Ramadan is the ninth month of Islamic lunar calendar. Muslims consider this whole month a blessed month. They fast during the days of this month and make special prayers at night. People also give more charity and do extra righteous deeds. For more information, please visit:



https://www.britannica.com/topic/Ramadan



March 3 and 4 Tuesday, March 4 Wednesday, March 5 Thursday, March 6 Thursday, March 6 Thursday, March 6 Thursday, March 6 Friday, March 7 Wednesday, March 12 Thursday, March 13 Friday, March 14 March 15 – March 30 Wednesday, April 2 Thursday, April 3 **Tuesday, April 8** Wednesday, April 9 Thursday, April 10 **Tuesday, April 15 Tuesday, April 15** Friday, April 18 Monday, April 21 Tuesday, April 29 Thursday, May 8 Friday, May 16 Monday, May 19 Tuesday, May 20 Wednesday, May 21 June 2 – June 4 Tuesday, June 3 Friday, June 6 Friday, June 13 Tuesday, June 17 Friday, June 20 Thursday, June 26

McRoberts Grade 7 Basketball Tournament Safety Drill Girls Basketball Game @Lee PAC Hot Lunch – McDonald's – Pre-orders only Maple Man Visit and Presentation **Boys Basketball Game @Lee** Krispy Kreme pick up 2:30-3pm at main entrance Uzume Taiko Drumming Assembly Boys Basketball Game vs Anderson @Bridge PAC Hot Lunch – Subway – Pre-orders only Last day of school before Spring Break Spring Break! PAC Purdy's Fundraising Order deadline PAC Hot Lunch – Fusion Feast – Pre-orders only Parent Ed Virtual Session 6:30-8pm – Cyber-safety Safety Drill French Cultural Fest at McRoberts 5-8pm PAC Purdy's orders delivered to students **PAC Meeting via Teams** Good Friday – schools are closed Easter Monday – schools are closed Written Learning Updates #2 published in MyEd Safety Drill Pro-D Day – no school for students Victoria Day – schools closed PAC Meeting via Teams Welcome to Kindergarten event in the afternoon! Camp Jubilee Outdoor Ed for Grade 7 students Immunizations – Kindergarten and Grade 6 Safety Drill Sports Day PAC Meeting via Teams (if needed) **Grade 7 Farewell Assembly** Year-end assembly, Reports published, Last day

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