



DAVIS BAY ELEMENTARY

February 7, 2017



BEGINS WITH ME

Thursday is our Dribble-A-thon! Due to last Friday's snowfall this event was postponed, however the basketballs are pumped and so are the students! Come out and join the fun!

We are in need of volunteers for morning and afternoon, please call the school if you can help or email bevans@sd46.bc.ca.



February is Kindness Month at DBES! Although we encourage kindness everyday, this month we will be exercising the kindness muscles extra hard! Why is it important to encourage and practice kindness? Besides the obvious reasons there are many health reasons – both physical and mental! Did you know that doing regular or daily kind acts increases happiness and decreases anxiety? As well, being kind increases emotional warmth and this releases the hormone oxytocin a protector of cardiac health. Being kind has too many advantages to list here... just do it... your heart and your mind will thank you!

BAKE SALE on Tuesday, February 14th. Bring your money for some lovely baking from our very own PAC

Pink shirt (anti bullying) day is February 22nd, however here at DBES we will be celebrating it as Kindness Day! Wear pink if you like, but whatever your favourite shirt is – all colours, patterns, shapes and sizes are encouraged! If you really want to wear pink we still have a few shirts left for sale. Check in the office.

"The level of our success is limited only by our imagination and no act of kindness, however small, is ever wasted." Aesop

DATES TO REMEMBER

What's Happening at the School:

- February – KINDNESS MONTH
- February 9 – Dribble-A-Thon
- February 10th – PRO D DAY (no school for students)
- February 13th – FAMILY DAY (no school for students)
- February 14 – PAC Bake Sale
- February 16th – NEST information night
- February 21 – PAC Meeting at 7:00 pm
- February 22 – Pink Shirt Day, David Roche here
- March 8 & 9 – Early dismissal at 1:45 pm
- March 13-24 – SPRING BREAK
- March 27 – School Reopens
- April 3 – PRO D Day (no school for students)
- April 14 – Good Friday
- April 17 – Easter Monday



NEST Information night will be held at DBES Thursday, February 16th at 7:00 pm

Please remember that this Friday, February 10th is a professional day and therefore there is no school. As well, Monday, February 13th is a provincial holiday - Family Day - enjoy this long weekend with your families

Check out the attached volleyball and basketball camps being offered on the next 3 pro d days.

Scatter seeds
of kindness
wherever you go

PAC meeting Tuesday February 21st. Please come and join us at 7:00 pm in the Library...psst...there's always