



# HELLO February

In February, we will shine a spotlight on the character traits of Kindness and Friendship. Throughout the month, students will celebrate and embrace differences while intentionally showing kindness through both their actions and words. Classroom activities will include lessons and discussions designed to promote acceptance and inclusivity, as well as deepen students' understanding of important concepts such as disagreement, conflict, and bullying.

While disagreements and conflicts are natural parts of life, it's important to remember that they are not the same as bullying. Unfortunately, the term "bullying" has often been misused to describe a disagreement or unkindness. As educators, we aim to equip students with the knowledge and tools they need to confidently navigate disagreements, resolve conflicts, and stand up against bullying. Our goal is for every student to feel empowered to be an advocate, an ally, and a positive force for change in their community.

In keeping with this commitment, we invite everyone to join us in standing united under this year's motto, "All Are Welcome" and embracing the role of being an Ally to ALL. On Tuesday, February 25th, and Wednesday, February 26th, we will host special events to reinforce our message of kindness and inclusivity. Students are encouraged to wear PINK on February 25th for our school-wide anti-bullying assembly, and again on February 26th in recognition of National Anti-Bullying Day. We deeply appreciate your continued support in promoting kindness, acceptance, and inclusivity in our community. Together, we can have a lasting, positive impact.

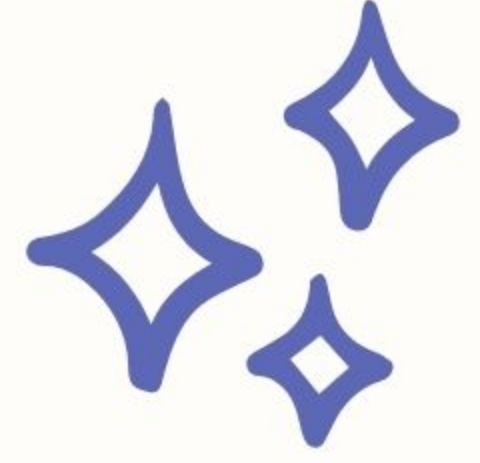
~Ms. Kass







# WEEKLY SCHEDULE




TUESDAY - 11TH

BOYS VBALL GAME  
@ PROMONTORY

2:30-3:30PM



WEDNESDAY - 12TH

CUPCAKE DAY!- \$1 EA.

GIRLS VBALL GAME  
@ (TBD)  
2:30-3:30PM

THURSDAY - 13TH

**RED**

**WHITE**

**& PINK DAY!**



FRIDAY - 14TH

**PRO-D DAY**  
**NO SCHOOL**

\*LAST DAY TO ORDER SUBWAY  
HOT LUNCH

SUNDAY - 16TH

MITCHELL'S SOUP  
FUNDRAISER  
CLOSES.

ORDER PICK UP IS  
MARCH 4TH @2:30PM



MONDAY - 17TH

**FAMILY DAY**  
**NO SCHOOL**



NOTES

PLEASE CONTINUE TO MAKE  
SURE YOU'RE SENDING  
STUDENTS WITH WEATHER  
APPROPRIATE CLOTHING



# Promontory CUPCAKE DAY



February 12, 2025

Celebrate Cupcake Day with  
us at School!

**\$1 each (limit 1 per student)**

Cupcakes will be sold  
before recess. If there is an  
extra supply, the remaining  
cupcakes will be sold at lunch.

All funds raised will be used towards  
our Kindness Project 2025.





# MITCHELL'S SOUP



**10.99**  
**ONLY**

Order Now

ORDERS CLOSE FEBRUARY 16  
ORDER PICK UP IS MARCH 4





# WINTER

## *weather advisory*

In the event of extreme weather conditions, parents are urged to check the School District website [www.sd33.bc.ca](http://www.sd33.bc.ca) or tune into radio stations STAR FM (98.3 FM) or JR Country (89.5 FM), to receive up-to-date information on school closures and information on bussing. Reports will start after 6:00 a.m. and will be repeated often. There is no need to call your school, the School District Office or the radio station.

When there is extreme weather and schools remain open, student attendance is the parent/guardians' decision.

*Incident Weather and  
School Closures Link -*

*Click here!*



# Dress for the weather

We are all outside at least twice each day (for recess and lunch play periods).

Please help ensure that your child stays warm and dry by dressing for the weather.

Some key items: Warm (waterproof) jacket, Warm (waterproof) footwear/boots, Hat/toque, Mittens/gloves

Students are reminded to play and move with care, especially during the wet weather, to help prevent muddy and/or wet clothes.

Please consider sending an extra pair of clothes and socks for your child to have in their backpack

Families are encouraged to label their child's clothing with their name for quick identification if it is misplaced or lost

and to send a change of clothes just in case it is needed.





# SUBWAY HOT LUNCH

★ Feb, 21 2025 ★

**LAST DAY  
TO ORDER  
IS FEB 14**



**Order  
Now**



Welcome to  
**MunchaLunch**



**PLEASE REMEMBER THAT THE “DRIVE THROUGH LANE” HAS THE RIGHT OF WAY. TO KEEP TRAFFIC MOVING AND AVOID A BACKUP ON STONEVIEW DR, DRIVERS IN THE DRIVE-THROUGH LANE SHOULD PROCEED FORWARD. IF YOU ARE PARKED, PLEASE WAIT UNTIL THE LANE IS CLEAR BEFORE ENTERING. OCCASIONALLY, DUE TO THE NUMBER OF CARS IN THE UPPER PARKING LOT, SOME DRIVERS MAY BE ASKED TO EXIT THE DRIVE-THROUGH/PARKING LOT TO HELP KEEP TRAFFIC FLOWING. THANK YOU FOR YOUR COOPERATION!**

## Promontory Parking Lot Drop Off / Pick Up Procedures

**Drop Off/Pick Up Area:**  
– along front of school –  
*NO PARKING ZONE*

- Advance Forward
- Allow multiple vehicles to access
- Quick Stop: 5 mins

Drivers **DONT EXIT** vehicle

- Use sidewalks to access school and/or playground
- No walking through parking lot

NO PARKING in Drop Off/Pick Up

No Double Angle Parking (staff permitted only)

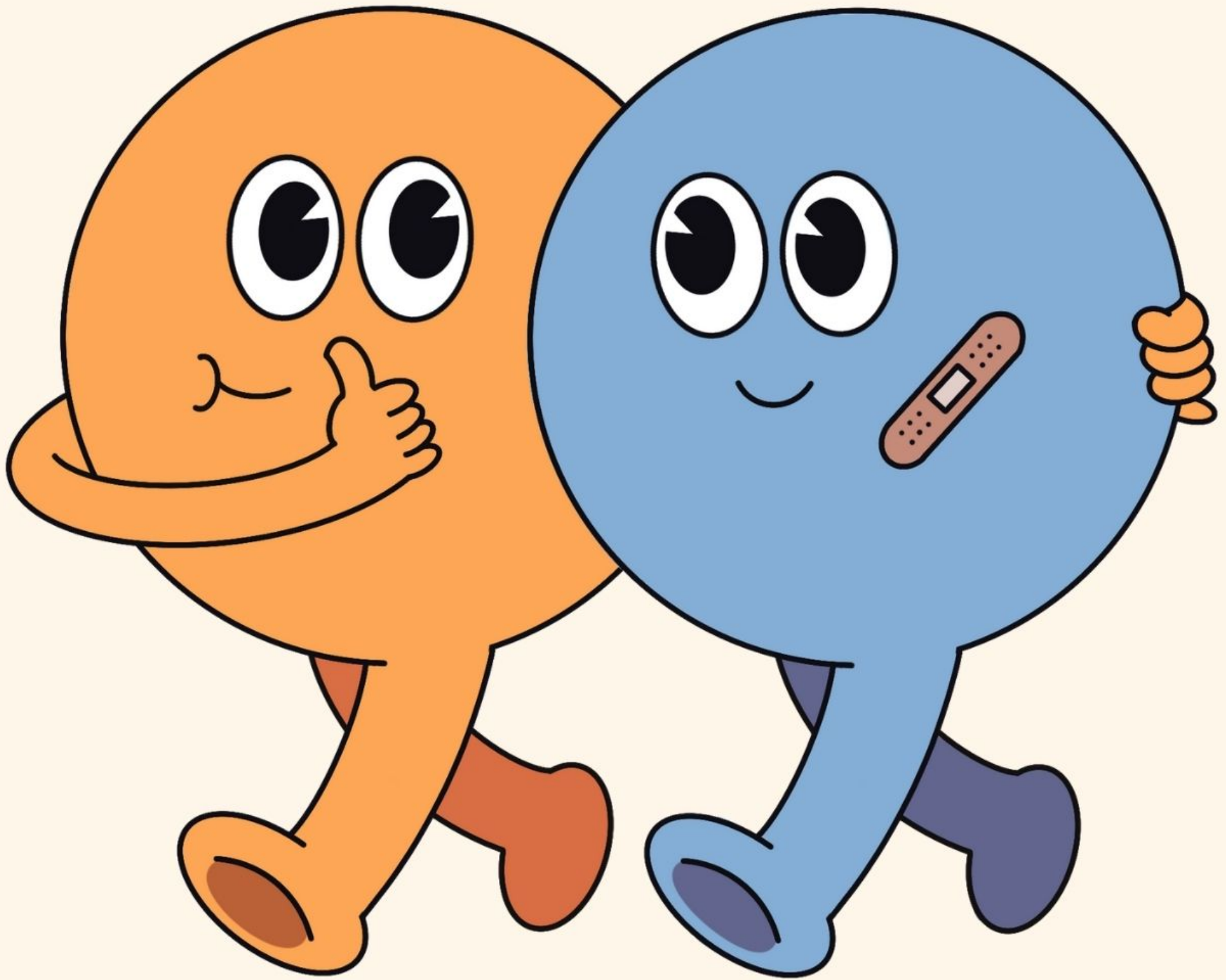
Follow Civic and Provincial Pedestrian and Parking Rules  
Do not jay – walk when crossing Stoneview Rd

**USE CROSSWALK**

- at front entrance of school
- to cross Stoneview Rd.
- \*model safe & lawful crossing



# BE A FRIEND NOT A BULLY



## BRITISH COLUMBIA BULLYING RESOURCES

IN BRITISH COLUMBIA AND ACROSS CANADA, SEVERAL RESOURCES ARE AVAILABLE TO SUPPORT ELEMENTARY-AGED STUDENTS IN UNDERSTANDING AND PREVENTING BULLYING. HERE ARE SOME KEY RESOURCES:

- **ERASE BULLYING:** THE "EXPECT RESPECT AND A SAFE EDUCATION" (ERASE) INITIATIVE OFFERS COMPREHENSIVE RESOURCES ON BULLYING PREVENTION, INCLUDING INFORMATION ON IDENTIFYING BULLYING, STRATEGIES FOR DEALING WITH IT, AND TOOLS FOR REPORTING INCIDENTS. THE PROGRAM PROVIDES RESOURCES FOR STUDENTS, PARENTS, AND EDUCATORS.
- **HEALTHLINK BC:** THIS PROVINCIAL HEALTH RESOURCE PROVIDES INFORMATION ON BULLYING, INCLUDING HOW TO RECOGNIZE IT AND STEPS TO TAKE IF YOU'RE BEING BULLIED. IT ALSO OFFERS CONTACT INFORMATION FOR SUPPORT SERVICES.
- **BCCPAC: BULLYING STOPS HERE – A GUIDE FOR PARENTS TO HELP THEIR CHILDREN**





# Child & Youth Mental Health

## A W A R E N E S S

### SUPPORT YOUR CHILD'S MENTAL HEALTH

MENTAL HEALTH IS A KEY COMPONENT OF A HEALTHY CHILD AND YOUTH DEVELOPMENT, AND ALSO HAS AN IMPACT ON THEIR RELATIONSHIPS AND THEIR PERFORMANCE IN SCHOOL.

SUPPORT POSITIVE MENTAL HEALTH IN CHILDREN AND YOUTH BY FORMING STRONG, CARING RELATIONSHIP WITH THEM BY:

- CONNECT - TALK AND LISTEN TO THEIR FEELINGS AND EXPERIENCES.
- BE ACTIVE TOGETHER - TAKE A WALK AND BUILD PHYSICAL ACTIVITY INTO FAMILY TIME.
- TAKE NOTICE - ENCOURAGE AND PRAISE THE POSITIVE BEHAVIOURS AND CHOICES YOUR CHILDREN MAKE.
- KEEP LEARNING - ENCOURAGE YOUR CHILD TO LEARN FROM BOTH POSITIVE AND NEGATIVE EXPERIENCES.
- GIVE - YOUR TIME, YOUR WORDS AND YOUR PRESENCE.

LEARN ABOUT TIPS FOR YOUR CHILD/TEEN ABOUT MENTAL HEALTH.





## ***"Jumping for joy for heart health!"***

Jumping rope is a fun and easy way to stay active while supporting a great cause. Join us in our mission to promote heart health!

Donations can continue to be made until February 19th! Cash donations can be given directly to your child's teacher. Alternatively, online donations can be made here:

**JUMP ROPE PROMONTORY**

