

Montecito News

February 2025



Dear Montecito Families,

I hope this newsletter finds you well as we step into February, a month filled with learning, growth, and exciting opportunities for our school community. While it may be the shortest month of the year, February promises to be packed with meaningful activities, celebrations, and milestones for our students and families. Here are some updates and highlights to keep you informed:

Celebrating Kindness and Friendship

This month, we're embracing the theme of kindness and friendship, with special activities planned around Valentine's Day and Pink Shirt Day (February 26). Teachers will lead classroom discussions and projects emphasizing empathy, compassion, and the importance of making our school a welcoming space for all. We will be having an assembly on February 26, to celebrate all we have learned.

Black History Month

We recognize the importance of Black History Month as an opportunity to honor the rich heritage, cultural contributions, and achievements of Black individuals in Canada and around the world. Teachers will share age-appropriate books and stories that celebrate diversity and resilience, fostering discussions about equity, inclusion, and justice.

Literacy Week

Literacy Week is coming up! We will be celebrating February 3-7. We have sent home detailed information on how we will be celebrating, and we will be sure to update our Instagram account with photos, so you can see what we did! From school wide bingo, to door decorating, to flashlight reading, guest readers, and a school wide books swap, our teachers have worked hard to make this an extra special week for our students!

Thank You for Your Support

As always, my door is open, and I welcome your respectful feedback, questions, or ideas. Let's work together to make February a fantastic month for our students!

Warm regards,

Tanis Anderson

Principal

Montecito Elementary School



Follow us on Instagram!
@montecitoelementary

Important Dates:

February 7 Trivia Night – Thank you to our PAC fundraising committee for organizing a trivia night for our Montecito community! Last year the event was so much fun, and was a wonderful community building event. We are excited for this event, and if you haven't yet bought your tickets, you can buy them through Munch a Lunch.

February 11 – PAC meeting 7:00 PM - library

February 14 – Valentine's Day

February 17 – Family Day – school closed

February 19 - Hundred's Day!

February 21 – Popcorn Day (pre-order on Munch a Lunch)

February 26 – Pink Shirt Day, assembly in gym

February 28 – Professional Development Day – school closed



We kindly ask for your support in ensuring your child arrives at school on time each day. Punctuality helps set a positive tone for the day, allowing students to fully engage in their learning from the very start. Arriving late can disrupt their routine and impact valuable instructional time.

Thank you for partnering with us to support your child's success. If you have any challenges with drop-off times, please feel free to reach out.

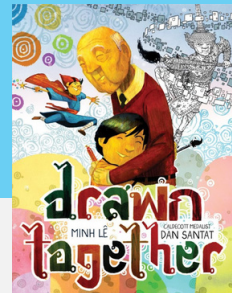
A message from the PAC:

Thank you to all parents who volunteered to help out with the school's Book Swap. The spots filled up fast and we are so grateful for all your help!



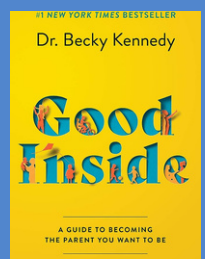
For our upcoming literacy week, all classes will be reading “Drawn Together” by Minh Le.

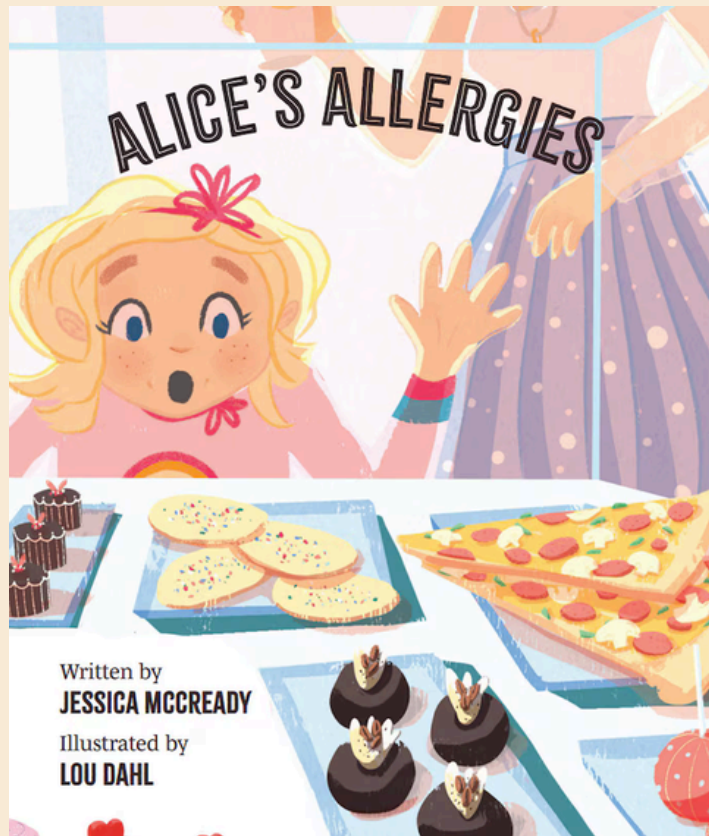
You can watch the author read the story here:
[click here](#)



Check out this great 10 minute video by child psychologist, Dr. Becky Kennedy, titled “It’s Not Your Job to Make Your Kid Happy”.

[click here](#)





We are thrilled to welcome Jessica McCreedy to our school on Wednesday, Feb. 5th as our guest reader. Jessica is the author of the book *Alice's Allergies* which she wrote in honour of her daughter, who has celiac disease. Jessica will meet each of our classes and read her book aloud, as well as talk with students about character development and working with an illustrator. If you are interested in learning more about Jessica, or ordering a copy of her book, you can visit her web-site at: <https://alicesallergies.com>

Her book is also available at Chapters and other retail partners.

MONTECITO ELEMENTARY PRESENTS



Friday, Feb 7th
6pm - 9pm

brought to you by
@NiceGuysTrivia



Ticket and Food Sales
Live on Munch~a~Lunch



& 50/50

Back by popular demand

Join us for

over \$2,500 in

FUN, PRIZES

&

Bragging Rights



Candy Jar
Guess Game

NEW!

Form your own Teams of up to 8 players

or we can match you up on the night

A Montecito PAC Fundraiser



DO YOU HAVE CHILDREN'S BOOKS AT HOME YOU NO LONGER READ, AND ARE READY TO DONATE?

BRING THEM TO SCHOOL BETWEEN FEBRUARY 3-6 FOR A SCHOOL WIDE BOOK SWAP EVENT! ALL STUDENTS WILL BE PROVIDED WITH AN OPPORTUNITY TO CHOOSE A BOOK DURING THIS BOOK SWAP.

- **FEBRUARY 3-6 – BRING YOUR USED BOOKS TO SCHOOL. PLEASE MAKE SURE THEY ARE IN GOOD CONDITION.**
- **FEBRUARY 7 – STUDENTS WILL CHOOSE BOOKS TO TAKE HOME DURING OUR SCHOOL WIDE BOOK SWAP EVENT!**

TEACHERS WILL THEN CHOOSE BOOKS FOR THEIR CLASSROOM LIBRARIES.

BOOKS NOT CHOSEN WILL BE DONATED TO A LOCAL CHARITY.

**FEBRUARY 7,
2025**

ARE CANADIAN CHILDREN GETTING ENOUGH SLEEP?

To be as **healthy** as possible¹, children need adequate **night** time sleep:



But... 1 in 4 children are NOT getting enough sleep.



5-13 year olds
9-11 HOURS
of sleep/night



14-17 year olds
8-10 HOURS
of sleep/night



Let's talk about sleep quality, shall we?

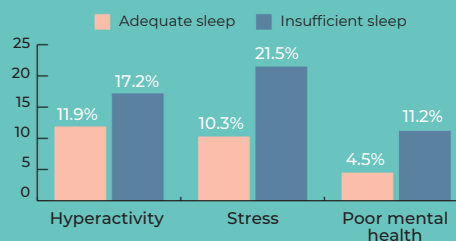
1 in 3 children have trouble going to sleep or staying asleep.

1 in 5 children have difficulty staying awake during waking hours.

1 in 10 children do not find their sleep refreshing.



Over time, insufficient sleep impacts how a child feels, behaves and interacts². Children who get less than adequate sleep report*:



Catching more **Zzz's** can help with children's:

- Physical health,
- Emotional well-being, and
- Quality of life!



* Compared with children getting the recommended amount of night time sleep.

¹ Tremblay, M.S. et al. Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep. *Applied Physiology, Nutrition, and Metabolism*, 2016, 41(6 (Suppl. 3)): S311-S327, <https://doi.org/10.1139/apnm-2016-0151>

² Carson, V. et al. Associations between sleep duration, sedentary time, physical activity, and health indicators among Canadian children and youth using compositional analyses. *Applied Physiology, Nutrition, and Metabolism*, 2016, 41(6 (Suppl. 3)): S294-S302, <https://doi.org/10.1139/apnm-2016-0026>

GOOD SLEEP. PART OF A HEALTHY LIFESTYLE.

LEARN MORE ABOUT SLEEP HEALTH AT CANADA.CA



SEARCH Physical activity, sedentary behaviour and sleep

GET DATA PASS Indicator Framework

> OR VISIT 24-Hr Movement Guidelines



PHAC



@GovCanHealth

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publique du Canada

Canada



SPRING + SUMMER BIKE, SOCCER, SWIM & TRAIL



PAC FUNDRAISER

PEDALHEADS WILL DONATE \$25 TO YOUR SCHOOL PAC WITH EVERY CODE USED.

VALID FOR ANY PEDALHEADS PROGRAM IN BRITISH COLUMBIA UNTIL JUNE 30, 2025.

FOR FAMILIES OF MONTECITO ELEMENTARY

Use code **MONTECITO25** for \$25 off

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