

What's On @ Cove Cliff March 4th – 8th



MONDAY MARCH 4	TUESDAY MARCH 5	WEDNESDAY MARCH 6	THURSDAY MARCH 7	FRIDAY MARCH 8
<p>Hot Lunch Day Subway Day</p> <p>3:30 pm Gr. 6&7 Boys Volleyball game at Seycove</p>	<p>3:30 pm Gr. 6 Girls Volleyball game at Seymour Heights</p> <p>3:30 pm Gr. 7 Girls Volleyball game at Seycove</p>	<p>8:00-8:40 a.m. Beginning band</p> <p>8:40-9:20 a.m. Continuing Band</p> <p>8:10am Math Club K - Grade 2: Ms. Dudley's classroom</p> <p>Grade 3 – 5: Ms. Mitchell's classroom</p> <p>1:00 – 3:00 pm Gr. 4 – 7 Track & Field Event Sampler</p>	<p>8:15 am Math Club Grade 6: Ms. Robitaille's classroom</p> <p>All day - Grade 6's First Aid training</p> <p>9:30 – 10:20am Firefighters to visit Kindergarten class</p> <p>2:00 – 3:00 pm – Find Your Fit Job Fair @ Seycove Divisions 1, 2, 5, and Div 4 (grade 5s only)</p>	<p>10:40-11:20 a.m. Beginning band</p> <p>11:20 – 12 noon Continuing Band</p> <p>Hot Lunch Day Well Fed Day</p>

Always check our [online calendar](#) for upcoming events. **Upcoming Events Highlights:**

Schedule Changes	Events
<p>March 15 – April 1st – Spring Break</p> <p>April 2 – School reopens</p> <p>April 24 – 2pm dismissal – Staff Collaboration Day</p>	<p>March 13 – 2pm dismissal, Celebration of Learning</p> <p>March 13 – PAC Meeting</p> <p>March 14 – Report Cards Published</p> <p>April 3 – Div. 9 & 10 Field trip</p> <p>April 17 – 19 – Gr.4's to Outdoor School</p> <p>April 22 – Class photo day</p>

Reminders/Information:

- Community Safety:** With [reports of a concerning incident at Inter-River Park recently](#), it is an opportunity for everyone to have some conversations at home about personal safety and about watching out for each other when out in public.

Food Access – Classroom Snack Bins and the Fruit and Veggie Program

We currently have two initiatives that provide additional food to the students. The Food Access Program and the BC Fruit and Veggie Program.

The BC Fruit and Veggie Program delivers fresh, seasonal foods and milk to the school every few weeks. Our supervision aides help distribute these to the various classes. This allows us to provide healthy, whole foods to the students.

The Food Access Program is part of a 2-year Province-wide initiative to ensure that all students are adequately nourished at school. There is a budget provided by the NVSD, and Ms. Barker has been helping order various snacks to provide to the students. So far, we have had 'snack bin' in every class, and in the office, and students can ask for supplemental food when needed. We have recently created a committee of staff to further refine this program so that we can increase the quality of the food that we are providing. Currently there is a lot of packaged food, as they are not perishable and easy to manage. Moving forward we hope to increase the volume of fresh foods that we can offer.

We are noticing that the snack bins in particular are very popular with the students. The teachers try to check to ensure that lunches are eaten before taking an additional snack. We have noticed that some students frequently ask for additional food, and that others ask for food because they don't like their lunches. We are hoping that families will have conversations with their children about the amount and type of food that is in their lunches. This will help us ensure that this program is meeting the needs of the community where they are the greatest.

Conscious Community Corner

International Women's Day

March 8 is International Women's Day. It's a global day to recognize and celebrate women's and girls' social, economic, cultural, and political achievements. It's also a time to raise awareness of the progress made towards achieving gender equality and the work remaining to be done.

The beginnings of International Women's Day can be traced back to the early twentieth century. It emerged from the activities of labour movements in North America and Europe and reflected a growing call for women's equal participation in society. International Women's Day first took place on March 19, 1911, in Austria, Denmark, Germany, and Switzerland. That day, over a million women and men attended public events to show their support. Other countries began to observe and celebrate this day in the years that followed. The United Nations recognized 1975 as International Women's Year and began celebrating March 8 as [International Women's Day](https://www.un.org/en/observances/womens-day).

Today, International Women's Day is a day of unity, celebration, reflection, advocacy, and action and is celebrated in many countries worldwide.

Excerpt from: <https://women-gender-equality.canada.ca/en/commemorations-celebrations/international-womens-day.html>