

Important Dates: February - Days of Significance

## February is Black History Month

February 16 /19 PD Day and Happy Family Day!!

February 27 School Council Meeting - 6 pm

February 28 Anything Pink Day

#### A Message From Our Health Nurse....

#### **Active School Travel**



Walking home from school can take less time than driving. This is especially true if you must arrive early for a parking spot. If you live too far away to walk all the way to school, try driving to a location near your school and walk the rest of the way.

Here are benefits and fun facts about Active School Travel:

- It only takes about 12 minutes to walk 1 kilometre. Try walking to school or a destination near your home. You might surprise yourself with how fast you get there.
- More people walking means fewer cars and less congestion. This makes it safer for everyone. Cars actually drive slower when there are large numbers of people walking.
- Kids who walk or bike to school arrive alert and ready to learn. Practice a walking route to your school to help your child get ready for an active return.

### We are recognizing Anything Pink Day, across all schools, on February 28th, 2024.

Formerly known as Pink Shirt Day, students are encouraged to wear anything pink to stand up against bullying and its harmful effects. This year, Anything Pink Day aims to underline the importance of creating a culture of belonging in preventing bullying, with the message: "No Place for Bullying: We ALL Belong!"

**PLEASE join us!!** - School Council meeting Tuesday, February 27 @ 6 pm in the library.

# Have a great weekend!

Orchard Park Staff