

WYMARK SCHOOL NEWSLETTER

WYMARK SCHOOL

PH: 778-9295

FAX: 778-9103

"THE MARK OF EXCELLENCE"

FEBRUARY 2023

FEBRUARY 10TH—

GRADES 5-8 SKIING/SNOW BOARDING & WINTER ACTIVITIES TRIP TO ELKWATER:

Students in grades 5-8 will travel to Elkwater to ski or participate in winter activities (snow shoeing and tobogganing).

Thank you to the Wymark Futures Group for your generous donation in paying for all grades 5-8 students to participate. We appreciate it.



FEBRUARY 15TH—

PINK SHIRT DAY: "Pink Shirt Day began in 2007 when a student in Nova Scotia was bullied for wearing a pink shirt to school. It has since been recognized annually worldwide as a day **to stand against bullying.**"

FEBRUARY 16TH—

DOMINO'S PIZZA BY THE SLICE LUNCH:

Students will be able to purchase pizza by the slice for \$2 a slice. We will be ordering large pizzas and each pizza will be cut into 8 slices. (Just to give you a reference as to the size of each slice) Forms will be emailed out on **February 3rd**. Forms and payment is due on **February 8th**.



FEBRUARY 20TH—24TH—

NO SCHOOL—FAMILY DAY & FEBRUARY BREAK

Did You Know?

February 28th is Rare Disease Day

Rare Disease Day is held on the last day of February to raise awareness for rare diseases and improve access to treatment and medical representation for individuals with rare diseases and their families.



Thank You!

Thank you to all everyone for your support in the SCC Little Caesar's Fundraiser. The SCC's profit was over \$860.00 that will go towards SCC activities and playground improvements

****order pick up will be the week of February 13th. Time & Date to be announced****

FEBRUARY SPIRIT DAYS

FEBRUARY 14TH—VALENTINE'S SPIRIT DAY (DRESS IN VALENTINE'S COLORS)

FEBRUARY 27TH—TWIN DAY

**Brought to you by the
Grade 2 Class**

**VIRTUE OF THE MONTH
IS "KINDNESS"**



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21 AFFIRMATION SAYINGS TO PRACTICE WITH YOUR CHILD



 **tutor
doctor**
How learning

*Submitted by our
Chinook School Division
Counselors*



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Positive Body Image

Body image and self-esteem are linked to how we treat ourselves. It is easier to take care of ourselves when we feel good about our bodies. Children learn how to care for their bodies from adults they love and respect. Help children and youth to develop healthy habits and a positive body image.

- **Teach kids their worth is not related to how they look.** Focus on their skills and qualities not their size or shape.
- **Talk about food and food choices in a neutral manner.** Avoid calling foods good and bad or healthy and unhealthy.
- **Offer a variety of food choices at home and school.** Involve children and youth in planning, shopping and cooking.
- **Do not use food as a reward or punishment.** This sends the message that food leads to love and acceptance.
- **Live with a positive attitude about bodies.** Avoid comments about body size and shape, diets or calories. Don't talk badly about your body or about those around you.
- **Be a role model.** Feed yourself nourishing foods and find physical activities you enjoy.
- **Help children and youth become media savvy.** Talk about bodies on television, the Internet and social media and how they often don't reflect reality. Carefully choose to follow people who share positive body image messages.



Photo by [Xavi Cabrera](#) on [Unsplash](#)

Written by the Public Health Nutritionists of Saskatchewan (2022)
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**Saskatchewan
Health Authority**



saskhealthauthority.ca

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



FEBRUARY BREAK

March 17th & 20th - No School