

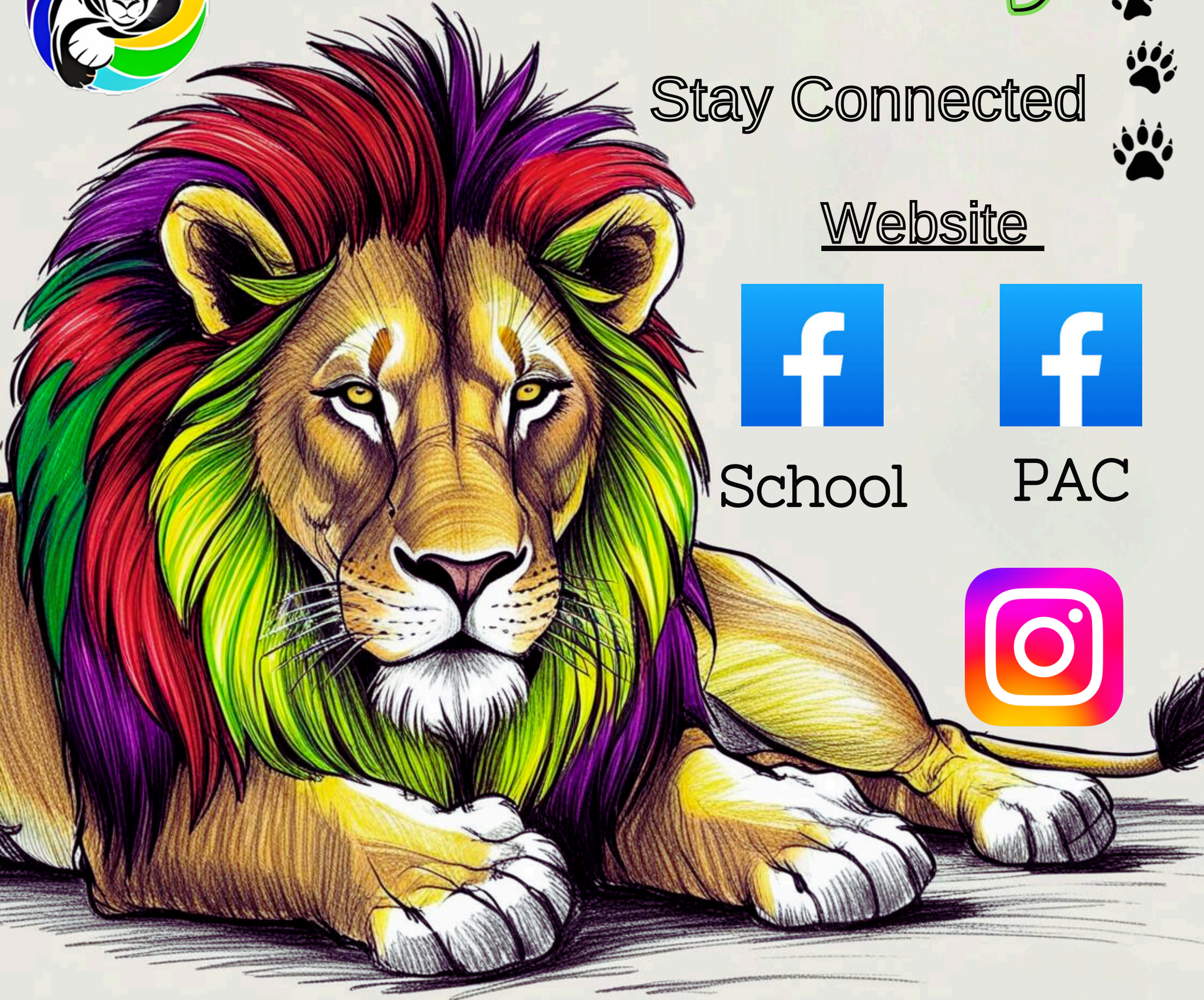


Take Home Friday



Stay Connected

Website



School

PAC






Leary Integrated Arts & Technology WEEK AT A GLANCE



Week at a Glance

One School, One Book Starts This Week

Monday, Feb. 3	8:35-9:00: Weekly Assembly <ul style="list-style-type: none"> PA announcement at 8:30 to load gym 9:00-10:00: Julie and therapy dog Buck (sign up in staff room) 12:10: Leary 1 (3/4s) Tripleball Practice
Tuesday, Feb. 4	12:10: Leary 2 (4/5s) Tripleball Practice 2:30: Leary 1 (3/4s) Tripleball Game Vs Strathcona (@Strathcona) 2:40: Leary 2 (4/5s) Tripleball Game Vs St. Mary's (@ Leary) 7:00: Grade 5 Parent/Caregiver Planning Meeting for Year-End Celebration <ul style="list-style-type: none"> Midtown Starbucks All parents/caregivers of Grade 5 students encouraged to attend
Wednesday, Feb. 5	12:05: Choir Grades 2-5 12:10: Leary 1 (3/4s) Tripleball Practice
Thursday, Feb. 6	12:05: Band 12:10: Leary 2 (4/5s) Tripleball Practice
Friday, Feb. 7 	<p style="text-align: center;"><i>PAC Treat Day-Bubble Tea</i></p> <h1 style="text-align: center;">THANKS PAC</h1>

Monthly PAWsitives Focus - We Can Do Hard Things

Message: This month, we are encouraging students to embrace challenges with a growth mindset, reminding them that *"We can do hard things"* by persevering, learning from mistakes, and believing in their ability to grow.

Video Links to Watch at Home:

- [I Can Do Hard Things](#)
- [Growth Mindset](#)
- [Persevering](#)
- [Kindness](#) (Pink Shirt Day)





**Leary Integrated
Arts & Technology**

GRADE 5

HOODIES !

**ORDER DUE:
FEBRUARY 7, 2025**

**LEARY IAT
CLASS OF
2025**
(INSERT SIGNATURES HERE)

AVAILABLE IN BLACK OR WHITE
A. SWEATSHIRT
B. HOODIE
C. ZIPPERED HOODIE

\$40 EA

GRADE 5 HOODIE ORDER FORM- DUE FEB 7, 2025

NAME _____ ORDER _____

TEACHER _____ NO. DATE _____

PHONE NO _____

EMAIL _____

ADDRESS _____

ORDER DETAILS *PLEASE INDICATE STYLE, SIZE AND COLOUR. SIGNATURE WILL BE IMAGE PUT ON THE HOODIE (PLEASE KEEP IT BASIC) THANKS!

QTY	COLOUR (BLACK/WHITE)	SZ	STYLE (A/B/C)	PRICE	TOTAL
METHOD					
DATE					
DATE RECEIVED					

NOTES - PLEASE HAVE STUDENT SIGN INSIDE THIS BOX.

PLEASE SUBMIT PAPER FORMS WITH CASH OR CHEQUE MADE TO LEARY PAC TO THE OFFICE OR EMAIL LEARY-PAC@SD33.BC.CA WITH EFT.

PINK SHIRT DAY

GRADE 5 FUNDRAISER

YOUTH XS- XL

\$20 EACH



**ORDERS DUE BY
FEBRUARY 12TH**

PICK UP FEBRUARY 21ST

PAYMENT VIA

CASH OR E-TRANSFER

TO LEARY-PAC@SD33.BC.CA

FEBRUARY 13TH

ICE CREAM SALE!
FOR GRADE 5 FUNDRAISING
AT LUNCH\AFTER SCHOOL!

FLAVOURS:

\$2

Vanilla
Chocolate Swirl
Strawberry Swirl
*Non-Dairy Option

CASH ONLY!





Leary Integrated
Arts & Technology

KIDS PUZZLE AND GAME SWAP!



PLEASE DONATE YOUR NEW OR GENTLY USED PUZZLES OR GAMES!

- PLEASE ENSURE ALL PIECES ARE THERE
- NO DAMAGE OR STAINS
- BOXES ARE SEALED OR RESEALED

BRING YOUR PUZZLES AND/OR GAMES TO THE DROP-OFF BOX IN FRONT OF THE OFFICE WITH YOUR CHILD'S NAME AND CLASS ON THE BOX FOR A TICKET TO PICK ONE!

STUDENTS WILL BE ABLE TO PICK A NEW PUZZLE OR GAME WED MAR 12!



ACCEPTED ITEMS:
PUZZLES
BRAIN TEASERS
BOARD GAMES FOR
CHILDREN
WORD SEARCH
SUDOKU
RUBIK'S CUBES
DECKS OF CARDS
HANDHELD GAMES

We asked young people...

“How would you like adults to talk to you about your mental health?”

familysmart.ca

The following are their words put into an

“Unfolding Conversation”

DON'T SAY...

I hate feeling like this all the time



It will pass.



SAY...

I hate feeling like this all the time



Is there anything I can do to help you right now?



DON'T SAY...

Everyone else seems to be able to handle things, why can't I?



Stop feeling sorry for yourself, you're over-reacting.



SAY...

Everyone else seems to be able to handle things, why can't I?



I'm sure you're doing your best to handle things.
Sometimes people face challenges that make life tougher.
Would you like to talk more about this with me or someone else?



“Unfolding Conversations”

Here's their

Are a big deal to young people, and it impacts their mental health

Caring Connected Relationships



DON'T SAY...

I can't deal with these feelings I'm so worried all the time.



There is nothing to worry about, you have such a great life. When I was your age ... You always make everything such a big deal.



SAY...

I can't deal with these feelings I'm so worried all the time.



That sounds overwhelming. Maybe we can sit together and come up with ways to manage some of the things you are worried about.



DON'T SAY...

Don't say things that are hurtful or judgemental they make me feel worse about myself.



Okay, but I was trying to get you to understand/listen. You were being unreasonable.



SAY...

Don't say things that are hurtful or judgemental they make me feel worse about myself.



I am sorry that I made you feel that way. I shouldn't have said that.