



# Merritt Central Elementary School

Parent WAG Week of Feb.23-27+

<p><b>23</b> Breakfast: Ms. Omori &amp; Mrs. Sahota - Pancakes Hot Lunch: Main Dish- Yogurt Parfait</p> <p>Calming space - 12:30-1:00 Ms. Nicholls 1:00-1:30 Mrs. Chhabra</p> <p>12:30-1:00 Train Club in library - grades 1-3 (students should bring outdoor gear)</p> <p>12:30-1:00 Board Games 4-7 in Mrs. Smith's room with Mrs. Illingworth</p> <p>12:30-1:30 gr.4/5 boys/girls handball practice</p> <p><b>Weekly Assembly:</b> Shout Out Assembly</p>	<p><b>24</b> Breakfast: Mrs. Preet &amp; Mrs. Ang - Bagels &amp; Fruit Hot Lunch: Main Dish- Breakfast Wrap</p> <p>Calming space - 12:30-1:00 Ms. Nicholls 1:00-1:30 Mrs. Chhabra</p> <p>12:30-1:30 gr.4/5 boys/girls handball practice</p> <p>12:30-1 Choir in the lunchroom</p>	<p><b>25</b> Breakfast: Ms. Morrison &amp; Mrs. Dixon - Cereal Hot Lunch: Main Dish- Perogies &amp; Sausage</p> <p>12:30-1:00 Board Games 4-7 in Mrs. Smith's room</p> <p>12:30-1:30 gr.4/5 boys/girls handball practice</p> <p>Pink shirt Day</p> <p>Handball playdate</p>	<p><b>26</b> Breakfast: Mrs. Martindale &amp; Mrs. Smith - Fruit, Muffins &amp; Yogurt Hot Lunch: Main Dish- Beef Teriyaki</p> <p>Calming space - 12:30-1:00 Ms. Nicholls 1:00-1:30 Mrs. Chhabra</p> <p>12:30-1:30 gr.4/5 boys/girls handball practice</p> <p>MCES Science Fair</p> <p>Handball playdate</p>	<p><b>27</b> Breakfast: Mr. Shea &amp; Mr. Gagliano- Fruit, Muffins &amp; Yogurt Hot Lunch: Main Dish- Chicken Nuggets</p> <p>Calming space - 12:30-1:00 Ms. Nicholls 1:00-1:30 Mrs. Chhabra</p> <p>12:30-1:00 Board Games 4-7 in Mrs. Smith's room with Ms. Illingworth</p> <p>12:30-1:30 gr.4/5 boys/girls handball practice</p> <p>100th day of school for K</p>
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<p><b>2</b> 8:20 gr.4/5 boys/girls</p> <p>Breakfast: Ms. Omori &amp; Mrs. Sahota - Pancakes Hot Lunch: Main Dish- French Toast</p> <p>Calming space - 12:30-1:00 Ms. Nicholls 1:00-1:30 Mrs. Chhabra</p> <p>12:30-1:00 Train Club in library - grades 1-3 (students should bring outdoor gear)</p> <p>12:30-1:00 Board Games 4-7 in Mrs. Smith's room with Mrs. Illingworth</p> <p>12:30-1:30 gr.4/5 boys/girls handball practice</p> <p><b>Weekly Assembly:</b>- MSS Band Presentation</p>	<p><b>3</b></p> <p>Breakfast: Mrs. Preet &amp; Mrs. Ang - Bagels &amp; Fruit Hot Lunch: Main Dish- Taco Wrap</p> <p>Calming space - 12:30-1:00 Ms. Nicholls 1:00-1:30 Mrs. Chhabra</p> <p>12:30-1:30 gr.4/5 boys/girls handball practice</p>	<p><b>4</b></p> <p>Breakfast: Ms. Morrison &amp; Mrs. Dixon - Cereal Hot Lunch: Main Dish- Chicken Burger</p> <p>12:30-1:00 Board Games 4-7 in Mrs. Smith's room</p> <p>12:30-1:30 gr.4/5 handball practice boys/girls</p> <p>Ready Set Learn 9-10:30</p> <p>Boys Handball playdate MCES @ 3:00</p>	<p><b>5</b></p> <p>Breakfast: Mrs. Martindale &amp; Mrs. Smith - Fruit, Muffins &amp; Yogurt Hot Lunch: Main Dish- Spaghetti &amp; Meatballs</p> <p>Calming space - 12:30-1:00 Ms. Nicholls 1:00-1:30 Mrs. Chhabra</p> <p>12:30-1:30 gr.4/5 boys/girls handball practice</p> <p>Girls Handball playdate MCES @ 3:00</p>	<p><b>6</b></p> <p>Breakfast: Mr. Shea &amp; Mr. Gagliano- Fruit, Muffins &amp; Yogurt Hot Lunch: Main Dish- Chicken Strips</p> <p>Calming space - 12:30-1:00 Ms. Nicholls 1:00-1:30 Mrs. Chhabra</p> <p>12:30-1:00 Board Games 4-7 in Mrs. Smith's room with Ms. Illingworth</p> <p>12:30-1:30 gr.4/5 boys/girls handball practice</p> <p>District registrations for science fair due</p>
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Please See Below for more upcoming dates, PAC info, Parent Resources, and The Character Focus for the Month.

## Upcoming Important Dates

Mar 6 –  
Mar 9- Weekly Assembly – Galiano/Morrison  
March 12- Ferris to Public Library 11am Mar  
12- Handball Tournament  
Mar. 11 Handball Tournament  
Mar 13 – Report Cards go home  
Mar 13- Last Day before Spring Break  
Mar 16-27- Spring Break  
Mar 30- School reopens after Spring Break  
Mar 30 – Whole School Assembly- Welcome  
Back/Expectations/Code of Conduct  
Apr 3- Good Friday  
Apr 6- Easter  
Monday Apr. 9–  
Class photos  
Apr 13- Weekly Assembly- Matheson/Preet  
Apr. 14 – Staff Meeting  
Apr 16- Rugby  
Playdate Apr- 20-  
Shea/Gandy Apr 23  
Rugby Playdate  
Apr 27- Weekly Assembly- Whole School Shout Outs  
Apr 30- Rugby Playdate  
May 4 – Weekly Assembly – Ferris/ Easterbrook  
May 5 – Gr. 3-5 Vision Screening 9:30  
May 7 - Rugby Tournament  
May 11 – Weekly Assembly Tolmie/Gandy  
May 18- Victoria Day  
May 19 – MCES Track Meet  
May 25 – Weekly Assembly – Whole School  
Jun 1- Weekly Assembly-Morrison/Matheson  
Jun 4 – District Track Meet  
Jun 8- Weekly assembly- -Gandy/Shea (Eagle Bay  
Expectations)  
Jun 15- Weekly assembly- Preet/Matheson  
Jun 25- Year End Acknowledgment Ceremonies &  
Grade 7 & Kindergarten Graduations – K grad 9:15-9:50,  
Primary acknowledgement ceremonies -10:00am-  
11:00am, Intermediate acknowledgement 11 am-  
12pm, grade 7 grad 1:30  
Jun 25, 2026 -Last Day of Classes

## PAC

**We'd love for you to be part of the MCES PAC** A welcoming group of parents working together to support our school and students. Here's what we do, and how you can help:

- Share your voice: Help us bring parents' ideas and feedback to the school staff and principal. Your input helps shape school programs and activities.
- Be part of the fun: Help organize PAC events and activities and take part in learning opportunities for parents.
- Get involved: Whether you have a little time or a lot, your involvement makes a big difference in building a strong school community.
- Stay connected: We help keep families informed and build strong partnerships between home and school to support our kids' learning.
- Find support: We're here to help you navigate the school system and speak up for you and your child when needed.
- Support school goals: Through fundraising and volunteering, we help bring great ideas to life — from classroom resources to community events.
- Make a bigger impact: You can also join district and provincial parent councils to share ideas and help shape education beyond our school.

**Next PAC Meeting will be held Tuesday Mar. 10, 2026 7:00 pm. If you cannot make it in person connect with us online:**

**Microsoft Teams [Need help?](#)**

**[Join the meeting now](#)**

**Meeting ID: 215 976 645 634 0**

**Passcode: Kf7SG6sf**

*Here are a few things PAC is supporting for the Eagle Bay Grade 7 Trip  
Grade 7 fundraisers for eagle bay*

1. Have letter into the Elks hall requesting support.
2. March 2026 - movie night at central school (Concession available)
3. April 2026 - Idea, steak dinner at the grand?
4. May 2026 - all funds due to the school.
5. June 2026 - Students go on their trip!

## Monthly School Focus



This month, our school continues to focus on *Courage*. Many students are learning how to work through moments of frustration, uncertainty, or discomfort and we know these experiences are essential for building resilience, confidence, and independence.

We want to support students in developing the courage to try hard things, solve small problems, and persevere even when something feels challenging.

**“School is a journey of discovery where today's unknown becomes tomorrow's knowledge.  
Embracing the unknown encourages growth and an open mind invites more learning.  
Be brave, be bold, embrace the unknown and move forward!”**

Below are a few simple ways families can help build courage at home:

## **Ways to Support Courage at Home**

### **1. Normalize “healthy discomfort.”**

When something feels hard, try saying:

- *“This is tricky, and your brain is growing.”*
- *“Courage doesn’t mean it feels easy.”*

Give your child a few seconds to try on their own before stepping in.

### **2. Co-regulate before problem-solving.**

Kids can’t be brave when they’re overwhelmed.

- Take a slow breath together
- Use a calm tone
- Say: *“I’m here. Let’s calm our bodies first.”*

### **3. Model courage out loud.**

Children learn from what we show.

- *“I feel nervous, but I’m choosing to try.”*
- *“I might make a mistake, and that’s okay.”*

### **4. Celebrate effort, not perfection.**

Shift from outcomes to bravery:

- Instead of *“Good job!”* try *“You were brave to keep going.”*

### **5. Encourage small brave steps.**

Examples:

- Trying a new activity
- Speaking up with an idea
- Solving a small conflict using their own words

### **More Parent Resources**

\*NEW\*: [erase Family Sessions](#)

[Raising Digitally Responsible Youth](#)  
[Parent / Caregiver Resources](#)  
[Interpreting and Translating Emojis](#)





