



## ALEXANDER ELEMENTARY

### February 2025 Newsletter

**Cowichan Monthly Teaching  
Hwial'asmut ch tun' s-ye'lh  
(Take care of your health)**

'Uy skweyul Alexander Families,

Welcome to February!

This has been a busy and quick month with a lot of exciting snow! Since our last newsletter, six Grade 6/7 students have represented Alexander at the District Gravity Car Races at the Vancouver Island Motor Sport Circuit. Students created their own gravity cars and had an opportunity to race them against other top contenders from schools across the district.

With the opening of the new Quw'utsun Secondary, Alexander smun'eem have been invited to take part in dance and drumming practice in the new S'amuna' Lelum Gathering Space. Students have enjoyed dancing in the beautiful space and getting to know their future secondary school and connecting with older family members who attend the school.



It is a wonderful time of the year at Alexander, and we are so proud of all of the smun'eem  
Huy tseep q'u

Ann Kissinger & Brenda Lee

## **Open House Friday, February 21<sup>st</sup> 1:15-2:15**

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On Friday, February 21<sup>st</sup>, we are opening our doors to celebrate family and student learning. Please join us to learn more about your learner's accomplishments and the exciting learning opportunities that are happening across the school. Add your name for a chance to win a book basket!

## **Parent Learning Survey**

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A reminder to all parents and guardians of Alexander students, please consider taking a moment to complete this Ministry of Education Learning Survey. Results from this survey are used to inform goal areas at Alexander for the 2025-2026 school year. You can complete the survey here: [www.bced.gov.bc.ca/sat\\_survey/access.htm](http://www.bced.gov.bc.ca/sat_survey/access.htm)

## **Pink Shirt Day is Wednesday, February 26<sup>th</sup>!**

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Schools around the district will be marking Pink Shirt Day on Wednesday, February 26th. Pink shirt day started when two friends decided to stand up to a grade 9 boy who was being bullied for wearing a pink shirt. The creators of Pink Shirt Day, David Shepherd and Travis Price, stood up for this student and started a worldwide movement to recognize and combat bullying. Huy tseep q'u (thank you) to all of those that recognize this day. More information about Pink Shirt Day can be found here: <https://www.pinkshirtday.ca>

## **Kindergarten Registration 2025-2026**

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[Online registration](#) forms are still open for families to register children born in 2020 for kindergarten. Schools will accept registrations from families living within their catchment area, or for children whose older siblings have an approved out-of-catchment request and will be continuing to attend the school. Any family wishing to register their child in an out-of-catchment school may apply by submitting an out-of-catchment request form available online. Early registration supports both district and school planning!

# Open Parachute Program

The Ministry of Education and Child Care, in partnership with adolescent clinical psychologist Dr. Hayley Watson from Open Parachute, will host three, free virtual sessions for parents, guardians and caregivers that will focus on practical skills you can teach your child and youth (ages 0-19) to prevent substance use and mental health needs.

These sessions will build on a previous presentation, which focused on practical conversation tools for speaking about substance use prevention with your children/youth. The previous session is not a pre-requisite for this session. To learn more visit <https://www.openparachute.ca>

Session dates are **February 20, 6:00-7:30, February 25, 6:00-7:30, February 26, 6:00-7:30**

## Use of Artificial Intelligence

Attached to this newsletter you will also find the Ministry's [All About Artificial Intelligence](#) information sheet for parents and caregivers.



**Student Guidelines for Safe Use of Artificial Intelligence (AI)**

**Keep Your Information Safe**  
Only use AI tools that your teacher has approved.

**Check AI Answers**  
AI answers can sometimes be biased or wrong - always check with your teacher.

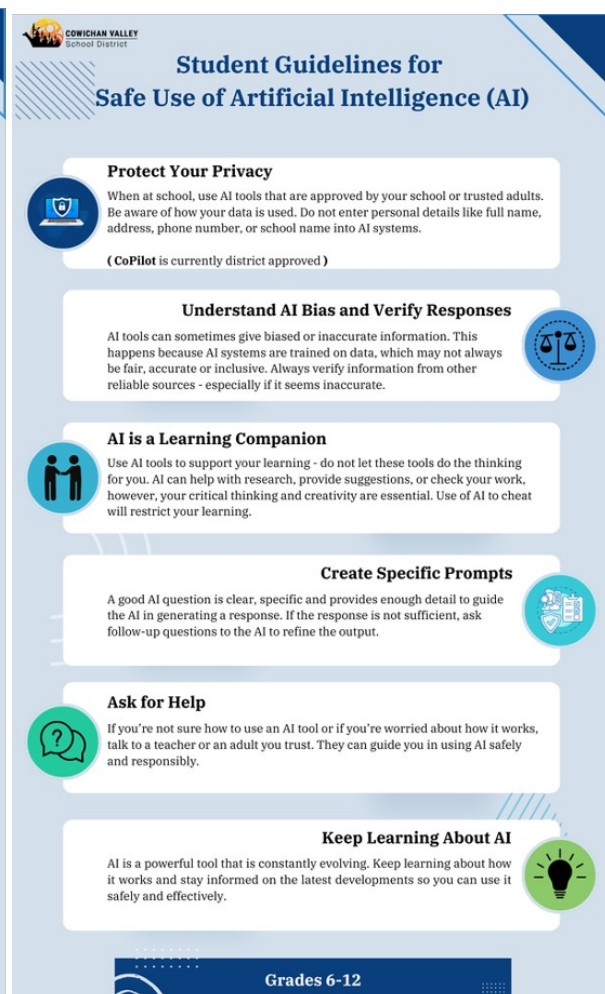
**AI Helps You Learn**  
AI is a useful tool, however, don't let AI do the work for you.

**Ask Clear Questions**  
Use short, clear prompts.

**Ask for Help**  
If you don't know how to use AI, ask your teacher or trusted adult.

**Keep Learning About AI**  
Stay curious about AI and ask questions.

Grades K-5



**Student Guidelines for Safe Use of Artificial Intelligence (AI)**

**Protect Your Privacy**  
When at school, use AI tools that are approved by your school or trusted adults. Be aware of how your data is used. Do not enter personal details like full name, address, phone number, or school name into AI systems.  
(CoPilot is currently district approved)

**Understand AI Bias and Verify Responses**  
AI tools can sometimes give biased or inaccurate information. This happens because AI systems are trained on data, which may not always be fair, accurate or inclusive. Always verify information from other reliable sources - especially if it seems inaccurate.

**AI is a Learning Companion**  
Use AI tools to support your learning - do not let these tools do the thinking for you. AI can help with research, provide suggestions, or check your work, however, your critical thinking and creativity are essential. Use of AI to cheat will restrict your learning.

**Create Specific Prompts**  
A good AI question is clear, specific and provides enough detail to guide the AI in generating a response. If the response is not sufficient, ask follow-up questions to the AI to refine the output.

**Ask for Help**  
If you're not sure how to use an AI tool or if you're worried about how it works, talk to a teacher or an adult you trust. They can guide you in using AI safely and responsibly.

**Keep Learning About AI**  
AI is a powerful tool that is constantly evolving. Keep learning about how it works and stay informed on the latest developments so you can use it safely and effectively.

Grades 6-12

## **Dates to Remember**

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February 26, Wednesday - 2hr. Early  
Dismissal & Pink Shirt Day

March 17 to 28, Monday to Friday -  
Spring Break (School Closed)

## **School Schedule**

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Supervision Begins at 8:20 Daily  
8:20 – Kitchen Opens for Breakfast  
8:45 – Classes Begin  
11:20-11:43 – Eating Time  
11:43-12:28 – Outside Play  
2:28 – Dismissal

Supervision Ends at 2:45pm