

Weekly Bulletin – January 24 – January 28, 2022

What to do if you have COVID-19: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/if-you-have-covid-19>

Self-Isolation and Self-Monitoring: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation>

Instructions for Close Contacts: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation/close-contacts>

Week at a Glance

- **Lunar New Year is February 1st**
- **Black History Month is also February 1st – Students are invited to wear black**
- **Global School Play Day is February 2nd**
- **February is kindness month**



Chinese New Year, also known as Lunar New Year or Spring Festival, is just around the corner. Chinese New Year 2022 will fall on **Tuesday, February 1st, 2022**, starting a year of the **Tiger**.



Black History Month honours the legacy of Black Canadians and their communities. The 2021 theme for Black History Month is: "The Future is Now". "The Future is Now" is a chance to celebrate and acknowledge the transformative work that Black Canadians and their communities are doing

now.



Cougar Creek will be participating in **Global School Play Day**. More information will be coming from your child's teacher. The goal of this day is to have students engage in unplugged, no battery, no screen, no technology play! All ages can benefit from this experience.



Performing a **random act of kindness** is exactly what it sounds like: deliberately attempting to brighten someone else's day by doing something kind for no specific reason. Some examples of random acts of kindness are:

- Feed the birds.
- Leave a kind note under your neighbor's car windshield wiper.
- Talk to someone new at school.
- Take cookies to the fire station.
- Volunteer at a soup kitchen.
- Collect money or items to donate to your favorite charity.
- Deliver water bottles to the homeless shelter.
- Make a thank you card for your favorite teacher.
- Smile at everybody. It's contagious!