

WE ARE SAFE, KIND AND RESPONSIBLE



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Jaime Moase

[HTTPS://QUEENELIZABETH.EDU.PE.CA/](https://queenelizabeth.edu.pe.ca/)

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Vice-Principal
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QUEEN ELIZABETH ELEMENTARY FEBRUARY 2026 NEWSLETTER

DATES TO REMEMBER

- February 12** Annual Snow Show 2:30-5:30
- February 13** Professional Learning Day (School Goals) (No Classes)
- February 16** Islander Day (No Classes)
- February 17** KISH Late French Immersion Information Session, KISH Library 6pm (Storm date Feb 18 6pm)
- February 20** Winter Wellness Day at school
- February 25** K Trip to Harbour Front Theatre
- February 26** Pink Shirt Day
- March 5 & 6** Parent Teacher Interview (No School on 6th)
- March 16-20** March Break (NO SCHOOL)



DRESS FOR THE WEATHER

It is important for students to have outdoor play to develop motor skills, strength and coordination. It also develops important social skills and communication skills and helps with our mental well-being and focus.

We know it's important, so we will be outside for recess unless it is extreme weather.

Please ensure your child is dressed for the weather.

Example: This time of year there are many calls for hats and mittens in the morning.

RECOGNIZING STUDENTS EACH MONTH

This year we are recognizing students each month who model the values of the Mi'kmaq 7 Sacred Teachings. For January, we focused on HONESTY.

- It's about speaking truth and being true to oneself.



WINNERS OF THE 7 SACRED TEACHING AWARD FOR HONESTY IN JANUARY

KA- Atley, Sawyer	2A- Ella, Emma, Elliot	4A- Nora, Emmett, Blake	6A- Brody, Robert,
KB- Jude, Ted	2B- Ellie, Ocean, Abel	4B- Leo, Jacob	Makayla, Lily
KC- Sage, Malcolm	2C- Tegan, Lucy	4C- Deklyn, Sarai	6B- Levi, Jase, Liz,
1A- Hunter, Omish	3A- Julienne, Ethan	5A- Declan, Aneisha,	Jacob
1B- Mya, Tilly, Suzie	3B- Elly, Harrison	Emma	
1C- Reese, Parker	Jeffery	5B- Margaret, Blakely,	
	3C- Wyatt, EJ, Ryder	Emmett	

Pictures Below

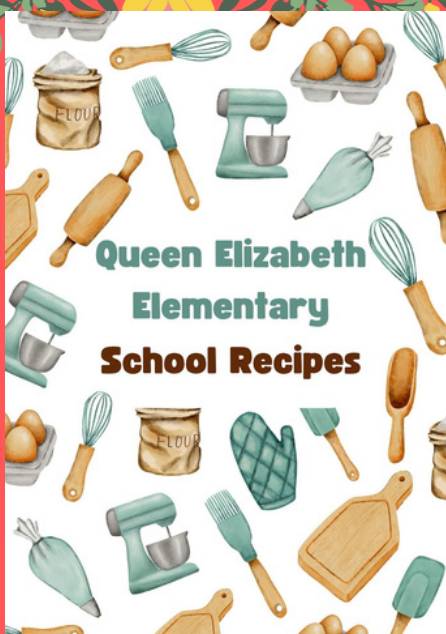
COUGAR NEWS

KISH French Immersion Parent Session:

KISH Late French Immersion Information meeting will be held **Tuesday, February 17th at 6 p.m.** with a storm date of Wednesday, February 18th at 6 p.m. It will be held in the school library. Any parents with students in Grade 6 who are interested in the Late French Immersion Program are encouraged to attend.

January was a fun-filled month! We kicked things off with Family Literacy Night, complete with a delicious meal from Ruby's Counter.

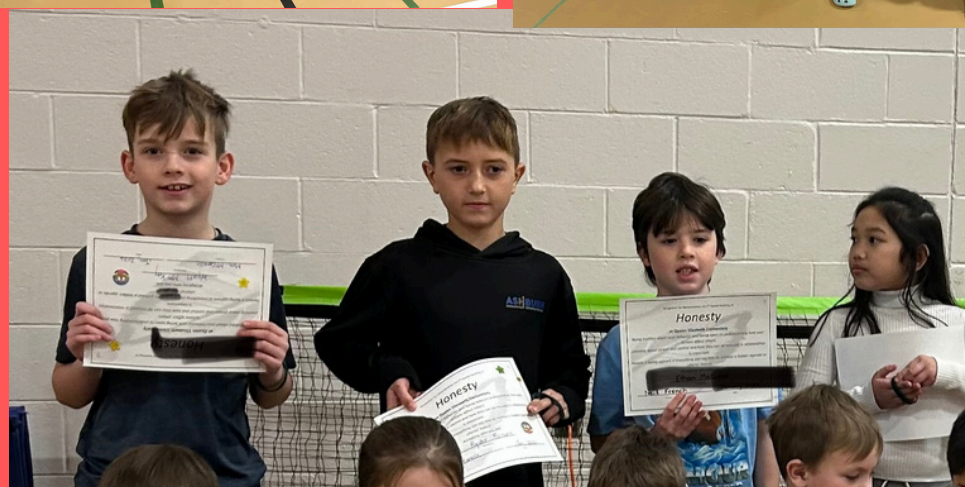
Students also enjoyed a book tasting event where they explored new genres, sampled great reads, and snacked along the way!



QEES STAFF RECIPE BOOK

In the spirit of Family literacy Day, many staff submitted their favorite recipes to share. Feel free to print a copy.

https://docs.google.com/document/d/1E5KnvMgaPXurbUWTfpScKm_GoKbsVUszgZoh17un0Ik/edit?usp=sharing



7 Sacred Teachings Assembly



LUNCH REMINDER FOR FAMILIES

As a reminder, students will need to bring their own eating utensils (fork, spoons, etc.) with them to school each day. The school lunch program does not provide utensils, so please be sure to pack them in their snack bag each day.

Thank you for helping us make lunchtime run smoothly for everyone.

IMPORTANT SAFETY REMINDER

For the safety of our students and staff, all parents and visitors must enter the school through the **main entrance** and report directly to the **front office** during school hours.

Parents and visitors are **not permitted** to walk through the school building without first checking in at the office. This procedure is part of our school safety policy and helps us maintain a secure learning environment for everyone.

We appreciate your cooperation and understanding as we work together to keep our school safe.



QEES HOME AND SCHOOL UPDATE:

Our breakfast program is running fantastically thanks to all of the volunteers who make it possible!

February is Staff Appreciation Month and we'll be celebrating our amazing staff every Wednesday throughout February. If you would like to contribute please reach out to Stacey or Anji.

Next meeting is Feb 25 @ 6PM

COUNSELLOR'S CORNER

Teaching Students about the Size of a Problem

When I was growing up I had a poster on my bedroom wall that said "It's the little things that get to me." I sometimes tell students about this poster in an effort to normalize some of their big feelings about problems that adults might consider relatively small. Many young children struggle to keep calm when they feel passionately about something, or if they have a sensitive temperament, as they are still learning about how to regulate their emotions.

While it is extremely important to validate a child's feelings about their problem, it is equally important help them learn that problems come in different sizes and that they can learn new ways to respond to them. Having a big reaction to small problem can create a new problem since people tend to react to the emotional reactions of others.

Similarly, we want to help children learn when they need help and when they can try to solve a problem independently. With experience, children can learn that having big feelings about an experience, does not necessarily mean it is a big problem requiring immediate intervention. A number of children think any problem is a huge devastating event. We are trying to help them learn that something that they consider to be a "big problem" might in fact be a "small problem."

Here is a quick summary of Size of the Problem as well as ways you can help your child at home:

● Small Problems

A missing pencil, a spilled snack, or a little disagreement with a friend. Usually solved with a quick fix or calm chat.

● Medium Problems

Forgetting homework, feeling left out, or struggling with a group project. May need guidance from a parent or teacher, with prompting on how to solve the problem.

● Big Problems

Unsafe situations, or really strong emotions . Always needs an adult to step in!

💡 Tips for Helping Your Kids

- Ask Questions: "Is this small, medium, or big?" Let them think it through.
- Show the Way: Model calm ways to handle small problems.
- Cheer on Independence: Praise them when they solve small problems on their own.
- Keep the Door Open: Remind your child that it is okay for them to share their problems with you—especially the medium sized and big problems.

There are many great books that can help children learn about the Size of Problem:

- Alexander and the Terrible, Horrible, No Good, Very Bad Day - Shows how small problems can feel big.
- What to Do When You Worry Too Much - Teaches kids strategies for handling anxiety and problem-solving.
- When Sophie Gets Angry—Really, Really Angry... - A story about managing big emotions and calming down.
- Rosie Revere, Engineer / Ada Twist, Scientist (by Andrea Beaty)
- These joyful picture books focus on the process of solving problems: experimenting, failing, trying again – a terrific way to talk about thinking strategies and perseverance.

Mr. Gamble, our PBIS teacher at Queen Elizabeth, will be going to some classrooms to introduce the concept of Size of Problem to students using scenarios to help students in their quest to solve problems. Also, I am just an email or phone call away if you would like additional information about Size of the Problem and Problem Solving.

-Ms. Kara

PROVINCIAL HOME AND SCHOOL

Home and School Newsletter, February 2026

Say 'Thank You' to School Staff

PEI celebrates Teacher/Staff Appreciation Week, February 8-14, 2026. Across the Island, Home and School Associations – together with parents and students – are expressing their gratitude and recognizing the dedication and hard work of school staff who make a difference every day. From educators who inspire a love of learning, to educational assistants, custodians, bus drivers, admin. assistants, and administrators who keep schools caring, safe, and welcoming – every staff member helps create a positive environment where students can learn, grow, and succeed.

Annual Reports

President's Annual Reports are due February 28 for inclusion in the 73rd Annual Book of Reports. Include activities for this school year, starting in Sept. through to the end of June. Read last year's 'Book of Reports 2025' for writing tips at: <https://peihsf.ca/agm/>.

If you need help, call Shirley at 902-620-3186 or Jeana at 902-620-3187.

Mark your calendars for AGM April 18th

Mark your calendars for the P.E.I. Home and School Federation's Annual General Meeting on Saturday, April 18, 2026, at the Rodd Charlottetown Hotel. Make decisions to shape positive changes in PEI's school system with delegates from across the Island. The Federation will mail AGM registration packages to presidents in February. Details will be posted at <https://peihsf.ca/agm/>

Home and School Volunteer Award

Every school has that special someone who's always ready to lend a hand - organizing events, helping out in the school, fundraising or bringing people together. Do you know a volunteer who makes a real difference in your school community? Nominate them for the Home and School Volunteer of the Year Award and help us celebrate their contributions.

Deadline for nominations: March 6th. Learn more at: <https://peihsf.ca/awards/>

 [Pink Shirt Day, Feb. 25, 2026. This year's design for CKNW Kids' Fund Pink Shirt Day reminds us to 'Sprinkle Kindness'. The artwork shows a child sharing an umbrella with friends as hearts fall like rain from the sky. A playful reminder that kindness grows when it is shared. For more information, go to: https://pinkshirtdaycanada.ca/](https://pinkshirtdaycanada.ca/)

PSB School Trustee Messages

[Charlottetown, Zone 5: As we look forward to February, we would like to take this time to remind you that Public School Board meeting minutes and the schedule of meetings are available on the Board of Trustees | Public Schools Branch website. In January, we had the pleasure of attending Home and School Association meetings at Donagh Regional, Sherwood Elementary, St. Jean's Elementary, West Kent Elementary, and West Royalty Elementary. Zone 5 association meetings provide a valuable opportunity for us to connect with families, hear parents' concerns, and learn about the great ideas and initiatives being shared. Please, do not hesitate to reach out if you would like us to attend an upcoming Zone 5 Home and School Association meeting.](#)

[Kindest regards & Happy Islander Day to All!](#)

[Andrew \(amacfarlane@edu.pe.ca\) & Gaylene \(gcarragher@edu.pe.ca\)](#)

Bluefield, Zone 4: I thoroughly enjoyed meeting members of the Englewood and Bluefield Home and School Associations in January. We chatted about what's happening at each school, and I provided an update on my activities as their new School Board Trustee. In the coming months, I'm looking forward to meeting other Home and School Associations. I also welcome any questions or feedback.

Karen (kclare@edu.pe.ca)

🍏 Key 2026 February Holidays & Observances:

- Black History Month: February honours Black Canadian history and excellence.**
- Valentine's Day: Saturday, February 14**
- National Flag of Canada Day: Sunday, February 15**
- Islander Day: Prince Edward Island: Monday, Feb 16**
- International Mother Language Day: February 21**
- Pink Shirt Day: Last Wednesday of February**

Shirley Smedley Jay

Executive Director

P.E.I. Home and School Federation

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