



# THE CORDOVA BAY COMMUNITY NEWSLETTER

Attendance Reporting - Email: [cordovabay\\_attendance@saanichschools.ca](mailto:cordovabay_attendance@saanichschools.ca) Phone: 250-658-4002

School District No. 63 (Saanich) resides on the traditional territory of the W̱SÁNEĆ people encompassing the five local communities: BO,́KE,́CEN (Pauquachin), MÁLEXEŁ (Malahat), W̱JOŁEŁP (Tsartlip), W̱,SIKEM (Tseycum), and S,TAUTW (Tsawout). We acknowledge and thank the W̱SÁNEĆ people on whose traditional territory we live, learn, and teach. The W̱SÁNEĆ people have lived and worked on this land since time immemorial



February 18, 2022 Pro- D Day - No School

February 21, 2022 - Family Day - No School

February 24, 2022 - Early Dismissal 1:48 pm



## HEALTH & SAFETY UPDATES

The Provincial Health Office has directed school districts to remind parents of the following information:

- All students should be wearing masks if possible on school buses and in classrooms. Masks are required for Kindergarten - Grade 12. Any requests for mask exemptions should be shared with school administration.

Parents, guardians, students and staff are being reminded to wash your hands regularly and perform a Daily Health Check. You can download the K-12 Health Check App at [bc.thrive.health](https://bc.thrive.health).

Please stay home if you are not feeling well.

Saanich Schools

Nature Program Working Group

The Nature-Child Reunion

**We invite you to join Mrs. Mary Lynn Heron and Mrs. Lisa Kinshella  
at the next PAC meeting to learn more about this initiative.**



“Passion is lifted from the earth itself by the muddy hands of the young; it travels along grass-stained sleeves to the heart. If we are going to save environmentalism and the environment, we must also save an endangered indicator species: the child in nature.”

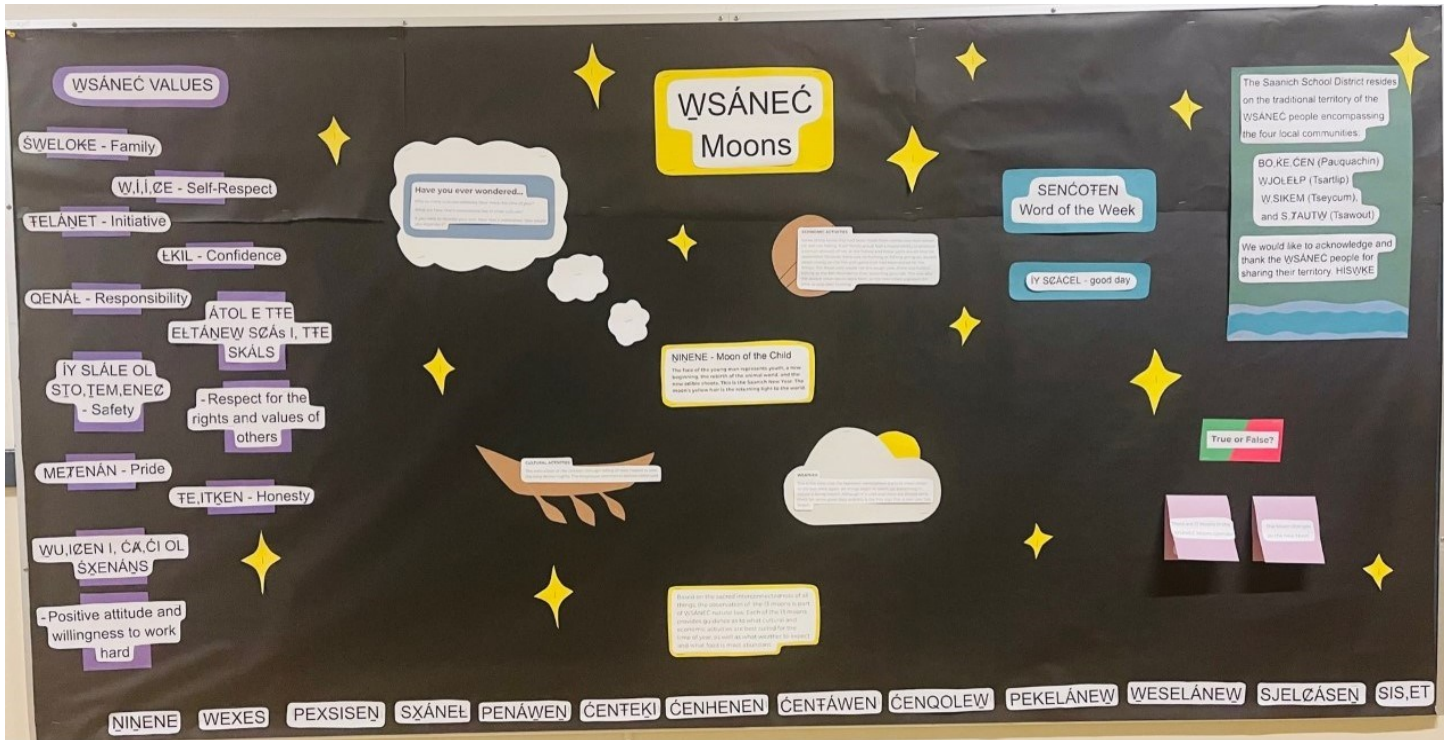
— Richard Louv, Last Child in the Woods

**Our Goal: To increase the amount of daily time that all Saanich Elementary students spend in nature, in order to support and increase mental well-being and academic success.**

**Our Mission: To design and implement nature-based learning programs that increase time learning in nature and align with the Literacy, Mental Health and Wellness and Indigenous Learner Success goals of the 2022-2027 district strategic plan.**

**Our First Step: To support all 8 elementary schools in taking learning outdoors by providing schools with 1-2 wonder wagons as a key resource. Please join Mrs. Heron and Ms. Lisa Kinshella at the next PAC meeting to learn more about the wonder wagon.**

# Art in the School



## Reminder:

**Monday, February 7, 2022**  
**is dress like a Lumberjack**  
**Day. Wear your plaid,**  
**jeans, suspenders toques**  
**etc!**



## Nature Sketch February Classes:

### Last Chance to Sign Up!

Dear Nature Sketchers,

This is the last chance to sign up for a February Nature Sketch or Junior Nature Sketch! February registration is closing soon, so sign up now!

This month, Nature Sketch classes are connected to the “Masters of Disguise” theme, focusing on animals that can disguise or camouflage themselves.

Nature Sketch classes teach sketching and drawing skills, introduce nature journaling, and encourage students to take these skills outdoors and continue their sketching and journaling adventures!



[Sign up to a Junior Class!](#)

Children’s Classes

**Who:** Ages 5 to 13

**Where:** Online on Zoom

**Starts:** Saturdays, February 5

**Time:** 10:00 - 11:00 AM

Animals can be masters of disguise, often hiding in plain sight. This children’s class using values and texture we will learn how to blend our subjects into their environment.



[Sign up to an Adult Class!](#)

Teen, Adult & Seniors

**Who:** Ages 14 to 114

**Where:** Online on Zoom

**Starts:** Saturdays, February 5

**Time:** 1:00 - 2:30 PM

Animals can be masters of disguise, often hiding in plain sight. This children’s class using values and texture we will learn how to blend our subjects into their environment.



[Sign up to Nature Sketch Café!](#)

Teen, Adult & Seniors

**Who:** Ages 14 to 114

**Where:** Online on Zoom

**Starts:** Wed. Feb. 23

**Time:** 6:00 - 7:30 PM

Log on, grab your favourite beverage and join nature sketch artist Sue for a relaxing evening of sketching and fun. Unwind with calming music and easy warm up exercises, learn useful drawing tips, tricks & some fun nature facts.

# 2022 CORDOVA BAY REGISTRATION

Opens January 15th  
Closes March 15th

**FREE FOR ALL  
BOYS & GIRLS**  
Learn To Play - To U19

**SPONSORED BY**

NORTH RIDGE  
EXCAVATING LTD.

Register Today at  
[www.cordovabayfastball.ca](http://www.cordovabayfastball.ca)

# Nut Butter, Oatmeal, and Banana Cookies

## Ingredients

- 1/3 cup nut butter (peanut butter is best if no allergies)
- 2 medium bananas, ripe or overripe
- 1 teaspoon vanilla
- 2 tablespoons soy milk (or another plant based milk, or regular)
- 2 tablespoons maple syrup
- 2 1/2 cups [oatmeal](#), quick-cooking or rolled
- Optional: 1 dash cinnamon
- 1/4 cup flour (can substitute gluten free!)

**Fun Idea: Make cookies heart shaped for Valentine's Day!**



## Steps to Make Them

1. In a large bowl, mash bananas with a fork until smooth. Add peanut butter, soy milk, vanilla, and maple syrup and mix well.
2. Add remaining ingredients and stir until well combined.
3. Drop spoonfuls of dough onto an ungreased cookie sheet and bake 13 to 16 minutes at 350 F, or until done.

# Chocolate Pomegranate Energy Bites

- 1 cup pitted [dates](#)
- 1 cup rolled oats
- 1/2 cup sunflower seed butter
- 1/4 cup raw cocoa powder
- 1/3 cup honey (or maple syrup if vegan)
- 1/4 cup hemp seeds
- 1/2 cup [pomegranate](#) aerils



## Instructions

1. Add all ingredients (dates through hemp seeds) except pomegranate seeds to a food processor and pulse 5-7 times before letting the processor run.
2. Process until one large energy ball forms and rolls around the blade.
3. Remove ball from processor and roll into 12-16 small, bite-size energy balls. Add pomegranate seeds last.
4. Move to the freezer or fridge for 15 minutes to set. This makes them easier to roll.
5. Enjoy and store leftovers in refrigerator or freezer.