

KINGSWOOD ELEMENTARY WEEK AT A GLANCE

WEEK OF JAN. 26-30, 2026

MONDAY JAN. 26

- DARE for students in Grades 4, 5, and 6

TUESDAY JAN. 27

WEDNESDAY JAN. 28

- Hot Lunch Day
- Lunchtime Basketball for Grade 6 and 7 students

THURSDAY JAN. 29

FRIDAY JAN. 30

- Breakfast Club
- Recognition Assembly @ 9am

Next Week

February 2-6

- Wed. Feb. 4 - Hot Lunch Day
- Fri. Feb. 6 - Breakfast Club
- Fri. Feb. 6 - Hot Lunch Day

NOTES

Parenting when Anxiety shows up as Anger.

Parenting can become challenging when anxiety shows up as anger in our kids. Join us in a conversation with Karen Peters, Registered Clinical Counsellor, to learn about some strategies that can help us better understand and manage these hard moments.

当焦虑在孩子身上表现为愤怒时，为人父母就会面临挑战。欢迎收听我们与 注册临床咨询师凯伦·彼得斯的对话，了解一些可以帮助我们在这类艰难时刻 之前、之中和之后应对的策略

Wednesday, February 11, 2026 online 10am to 1130am. Parents will be sent a link along with a brochure. Once you register using the link below you will receive a Zoom link to your email one day prior to the session.

<https://forms.office.com/r/WRNBUPMAmr>

