

BIG IDEAS

IMPORTANT DATES IN FEBRUARY



Black History Month

February 14th : Valentine's Day

February 15h : International Childhood Cancer Day

February 21st : Family Day.

February 23rd : **Pink Shirt Day** –Bullying Awareness Day



The colour **pink** in this newsletter is not just for Valentine's Day, but to bring awareness to the importance of anti-bullying.

Sometimes a shirt is more than just a shirt. Join us on February 23rd and wear a pink shirt to **stand up to bullying!**



RIDDLES AND GIGGLES



1. Which one of Santa's reindeer can be seen on Valentine's Day?
2. What did one volcano say to the other?
3. Who always has a date on Valentine's Day?
4. What did the hamburger buy for his Valentine?
5. What travels around the world for Valentine's Day, but just stays in one corner?

Answers:
1. Cupid
2. I lava you.
3. A Calendar
4. An onion ring
5. A stamp..



THIS VALENTINE'S DAY EXPRESS SELF-CARE/LOVE WITH



Self Love Quotes



"Success is liking yourself, liking what you do, and liking how you do it."

- **Maya Angelou**

"Work like you don't need the money. Love like you've never been hurt. Dance like nobody's watching."

- **Satchel Paige**

XOXO



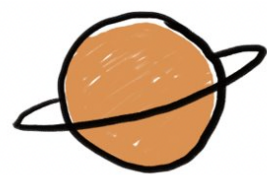
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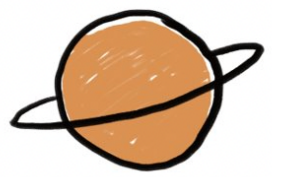
program.york@bigbrothersbigsisters.ca



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EXPAND POSSIBILITIES AND TAKE A TRIP TO...



THE

Hershey Chocolate Factory

Get a look inside the Hershey Chocolate Factory and learn how their chocolate gets made!

[Click here](#)



HERSHEY
THE HERSHEY COMPANY



CHALLENGE YOUR GROWTH WITH THIS BIG LINK



CELEBRATING
VALENTINE'S DAY



AROUND THE WORLD

While Valentine's Day is celebrated with cards, candy and flowers in Canada, other places around the world put their own spin on the holiday. Click [Here](#) to learn how other countries celebrate!



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SHARE POWER AND COLLABORATE ON THESE ACTIVITIES

Create a Valentine's Day Card!

FOR SOMEONE SPECIAL



What You'll Need

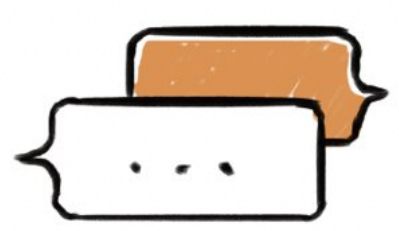
- 1 sheet of paper, any size
- Pencil
- Scissors
- 1 sheet of cardstock paper, larger than your first paper
- Cut out the shape of a heart
- Crayons, markers, or stickers to decorate



[Click here for more information](#)



Create a Valentine's Day card for your parent or guardian, friend, sibling, mentee or mentor to show your appreciation!



CHECK OUT THIS RESOURCE THAT PROVIDES SUPPORT



KidsHelpPhone.ca
1 800 668 6868

Kids Help Phone

February 23rd is a day to wear a pink shirt. If you or anyone you know is being affected by bullying reach out to someone you trust.

Tropicana provides many programs such as counselling, childcare, education, and personal development services within a focus towards the Caribbean, Black and African communities of Toronto.

