

**Ayre Manor Activities  
Newsletter**

**February**

**2021**



# February

BIRTHDAYS

Vern— February 12th

Marion. S— February 20th

Violet— February 21st

Ina— February 23rd

Gladys— February 24th



**Dates to remember:**

**February 2nd: Groundhog Day**

**February 12th: Chinese New  
Year**

**February 14th: Valentines Day**

**February 15th Family Day**

**February 17th Random Act of  
kindness day**

**February 24th: Pink Shirt day**

**Groundhog Day** is a popular North American tradition observed in the U.S.A and Canada on February 2. It derives from the Pennsylvania Dutch superstition that if a groundhog emerging from its burrow on this day sees its shadow due to clear weather, it will retreat to its den and winter will persist for six more weeks; but if it does not see its shadow because of cloudiness, spring will arrive early.

### **Chinese New Year: Year of the OX**

People born in the Year of the **Ox** are strong, reliable, fair and conscientious, inspiring confidence in others. They are also calm, patient, methodical and can be trusted. Although they say little they can be very opinionated. They believe strongly in themselves, but are also stubborn and hate to fail or be challenged.

**Family Day** was originally created to give people time to spend with their families but it also provides a day off between New Years Day and Good Friday as they are approximately three months apart. Unfortunately, not everyone gets Family Day off, which makes it a debatable holiday in many provinces. Why can't the whole country simple agree on 9 or 10 common statutory holidays remains a mystery and a good indicator of just how overcomplicated our laws are.

### **NATIONAL RANDOM ACTS OF KINDNESS DAY**

Each year on February 17th, National Random Acts of Kindness Day grows in popularity. It is celebrated by individuals, groups and organizations nationwide to encourage acts of kindness.

The movement of Random Acts of Kindness inspires people every day. As a favorite celebration for many, people everywhere are enjoying doing these acts of kindness. Not only do the acts of kindness bring joy to the receiver, but they spread positive reactions to the giver, too!

# PINK SHIRT DAY

In 2007 in Nova Scotia, Grade 12 students David Shepherd, Travis Price and a few friends saw that a Grade 9 student was being bullied for wearing a pink shirt on the first day of school.

They knew they had to do something to show that this kind of behaviour was not OK.

They decided to go out and buy a bunch of pink shirts and hand them out to other students to wear.

By the end of that week, most of the students in the school were wearing pink shirts to show support for the Grade 9 student who was bullied.

Pink shirt day has now spread and become a national day of anti-bullying across Canada and other countries around the world.

## Here's what you can do:

- Proudly wear your pink shirts to show that you stand up against bullying!
- If you see someone being bullied or you're being bullied, talk to someone about it.
- When someone is being bullied, in person or online, stand up for them so that they know that they don't deserve to be bullied.
- Don't encourage bullying by participating in bullying behaviour.

Here's a cool tool to help you **THINK** before you say something or post any comments online that could hurt someone:

Is what you are saying:

T-True?

H-Helpful?

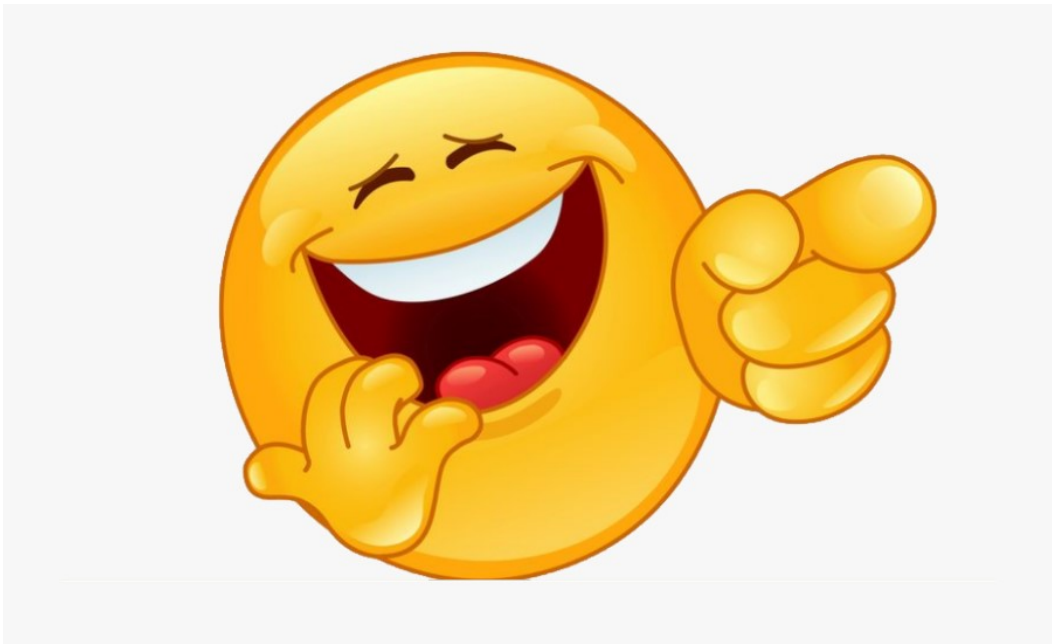
I-Inspiring?

N-Is it Necessary? (Do you need to say/post it?)

K-BE KIND!

# Joke of the month: February

What break-up advice does a trampoline give?



Answer: Life has its ups and  
downs



# Flower Power



ASTER

CROCUS

DAFFODIL

DAISY

GERANIUM

HONEYSUCKLE

LAVENDER

LILAC

LILY

MARIGOLD

ORCHID

PANSY

SUNFLOWER

TULIP

VIOLET