



NICOLA CANFORD NEWS

SCHOOL POPULATION 154

February 2024

FEBRUARY 2024



HANDBALL



PAC News

Working together for our School and Students!

We are looking forward to meeting families, parents and grandparents that would like to get involved in our PAC this year. This is a wonderful way to find out what is happening at our school and participate in some decision making as well.

All Parents Welcome!

**Next meeting
March 11th
@ 6:30 pm in
the library**

NOTICE TO ALL PARENTS:

PLEASE remember to notify the office of any changes to your child's bus schedule by 2:00 on that day.

If we do not hear from the parent/guardian, your child will take his/her regular route.



PARENTS PICKING UP THEIR CHILDREN, PLEASE REMEMBER THE PARKING AREA IS A "NO IDLE ZONE"



FRIDAYS ARE SCHOOL SPIRIT DAYS!!!!

STRONGSTART EARLY LEARNING CENTER

StrongStart is a free, drop in, play based. early learning program for children birth to five years old and their parents/caregivers.

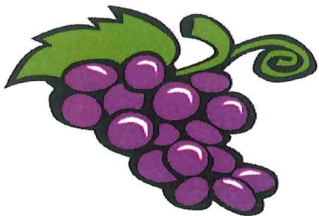
Hours are: Monday, Tuesday, Thursday, Friday 8:30 to 11:30 am
Wednesday 12:00 to 3:00 pm



Online Hot Lunch Program

1. Go to nce.hotlunches.net to register your child
 2. Enter your username:
Example: hmacdonald@365.sd58.bc.ca (this will be parent's email address)
 3. Password: (same as username) - Access Code is: NCE
 4. Go to Manage Orders - you will see "menus" Click on the one you are ordering.
 5. Please pay through etransfer, if possible NCschool@365.sd58.bc.ca (no password required)
- If you have any questions, let us know and we would be happy to help!

**Thank-you to Agriculture
Canada for the healthy Fruit/Vegetable donations to the
School :) *the students love it!***



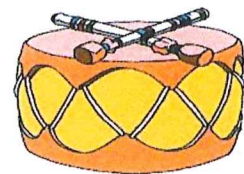
Word
of the
MONTH

yémyəmt

Meaning:
love

First Nations Activities & Events

Drumming on Wednesday's
with Paul



Joe



Dance Club on Friday's
with Adrian Retasket
and Cheryl McLeod

Principal's Message – February 2024

School readiness is one of the most important indicators of success at school. Unfortunately, not every child enters the building ready to learn. There are many factors that impact this. Things like nutrition, amount of sleep, family turmoil, personal tragedy and the general disruptions of life can drastically impact the level of readiness a child can bring to their education. This lack of readiness can have serious impact not only on an individual child's readiness but also on the readiness of an entire classroom depending on the health and wellness of the students in the classroom's population.

There are two very easy and very practical ways for you to contribute to child's school readiness.

A Good Night Sleep:

Numerous studies have shown the impact that sleep has on student success. One recent study conducted by the Department of Paediatrics at the University of Louisville in Kentucky in 2009 found that shorter nights for kids meant smaller gains in letter knowledge, multiple behaviour problems and more chronic health problems. If you want your kids to be successful, sleep is key.

The amount of sleep a child needs varies depending on the individual and certain factors, including the age of the child. Following are some general guidelines recommended by pediatricians.

5-6 Years Old: 10 - 12 hours per day

Children at this age typically go to bed between 7 and 9 p.m. and wake up around 6 and 8 a.m.

7-12 Years Old: 10 - 11 hours per day

At these ages, with social, school, and family activities, bedtimes gradually become later and later, with most 12-years-olds going to bed at about 9 p.m. There is still a wide range of bedtimes, from 7:30 to 10 p.m., as well as total sleep times, from 9 to 12 hours.

Healthy Food:

You are what you eat is more than just an old proverb. In terms of student success nutrition has a significant impact. Numerous studies have shown that children who eat less nutritional food and snacks have significantly poorer attendance, punctuality and grades at school, and they have more behaviour problems as well. Although chips, Cheezies, pre-packaged cookies, fruit snacks, and other sugary treats are a big hit with kids, they are also the very foods that stop kids from reaching their potential. Treats are good once in a while but, if you want your son or daughter to be successful at school, they should be the exception and not the rule. Healthy choices, like whole grain sandwiches and fresh fruit are always the better choice for kids.

Mr. Bergmann

Sports News

“Victory is in the quality of the competition, not just the final score.” —Mike Marshall

During the month of February, we have been busy passing the ball for Basketball and Handball!

The NC boys and girls teams both had fun playing at the SD58 Basketball Tournaments at the old CMS gym in February. There were so many teams participating from around Merritt and Princeton. It was great to see the amount of participation and increased skill level at the Tournaments. I am sure the kids will enjoy playing Basketball outside as the spring weather approaches.

Our youngest athletes are very excited to be playing Handball. The grade 4/5 boys and girls teams have been playing with other schools on Tuesdays and Thursdays after school. NC has incredible participation, and everyone loves to play! A huge thanks to Mr. Cleaveley and Ms. Liz for coaching these enthusiastic players. We will wrap up Handball with the Boys Tournament happening on Tuesday March 5th and the Girls Tournament will happen on Thursday March 7th. These tournaments will happen during the day so look for information and schedules to come home so you can cheer on the teams.

April is a quieter month for sports as all the schools start to get ready for track meets and hopefully, enjoy some great Spring weather.

See you at the next sports event!

Ms. Nelson-Smith



**Girls/Boys
Basketball at
LNIB School
February 2024**

**Strong Character
Award**

**STRONG CHARACTER
KəC KəC AWARD**

- Konnor Porada*
- Grady Emmerick*
- Octavia Shuter-Dunn*



Pink Shirt Day – February 28, 2024





INDIGENOUS STUDENT ADVOCATE

Miss. Elizabeth ephillips@365.sd58.bc.ca

Heñte? kp, Hello all,

It has been a busy month. Transitioning from helping coach the girls basketball team to coaching the girls handball team, has been so much fun with the girls. Seeing the girls' improvement throughout the handball playdates has been awesome. I look forward to the handball tournament on Thursday, March 7th 2024.

Our Dance Club under the direction of Adrian Retasket for the boys, Cheryl McLeod & Lani Mackenzie for the girls has been a lot of fun, watching the students participate and learn is so amazing. They have been learning different styles of pow-wow dancing once a week during lunch hour.

Cheryl McLeod & Lani Mackenzie
with girls dance group - using
Fancy Dance Shawls



Adrian Retasket with boys dance
group



September

yémyəmt



heléw • eagle • aigle
WE GIVE PEOPLE WHAT THEY NEED
NOT WHAT THEY DESERVE

LOVE

October

zuʔzuʔscút



spéʔec • bear • ours
WE DO WHAT IS RIGHT EVEN WHEN IT IS HARD

COURAGE

November/December

yəx̣mstés



lúpeʔ • beaver • castor
WE ARE OURSELVES
"HUMILITY MAKES THINGS BETTER ON WATERS"

WISDOM

January

xəʔstém



sqáwɪn • wolf • loup
WE THINK OF THE WAYS OF OTHERS
AS MUCH AS OUR OWN

HUMILITY

February/March

ʔes kiyeʔstém



buffalo • a'isp • buffle
WE TREAT OTHERS HOW WE WANT TO BE TREATED

RESPECT

April

tíʔtaɣ^wscút



sasquatch • séwenáɣtmx
WE TALK THE TALK
SO THAT LIES DO NOT SHAPE OUR CHARACTER

HONESTY

May

tíʔtaɣ^wstém



ʔəlsik^w • turtle • tortue
WE WORK HARD
TO BE THE BEST VERSIONS OF OURSELVES

TRUTH



KINDERGARTEN 2024 STUDENT REGISTRATION

Nicola-Similkameen School District

Kindergarten establishes a strong foundation for lifelong learning, as teachers provide dynamic, play-based opportunities to help each child grow and learn. Our child-centered programs develop a sense of well-being and belonging and offer opportunities for exploring, creative play, developing language and literacy while focusing on social responsibility and cultural diversity.

Kindergarten provides our young learners with an enriched learning experience at their own unique developmental level. We look forward to working with each Kindergarten child's family as we welcome you to your child's new school community.

Please visit our website www.sd58.bc.ca for a complete overview of our online registration process.

REGISTRATION SCHEDULE

March 1 to 15, 2024

For September, 2024:

- To register, a child must be 5 years of age on, or before, December 31, 2024.
- Parents should register their child at the neighbourhood school.
- Please visit our website www.sd58.bc.ca for a complete overview of our online registration process.
- If you are unable to register online, please contact your neighbourhood school.
- When registering online you will need your child's Birth Certificate, immunization record, Care Card and proof of address when registering.
- Parents interested in a Kindergarten distance education program for their child, can contact the South Central Interior Distance Education School at 250-378-4245.
- Parents wishing to enrol their child in the French Immersion Program are required to register at Colletville Elementary.

If you have any questions, please contact your neighbourhood school:

DIAMOND VALE ELEMENTARY • 250 - 378 - 2514

MERRITT BENCH ELEMENTARY • 250 - 378 - 2528

MERRITT CENTRAL ELEMENTARY • 250 - 378 - 9931

NICOLA-CANFORD ELEMENTARY • 250 - 378 - 2172

COLLETTVILLE ELEMENTARY • 250 - 378 - 2230

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

February 2024

HEALTH SURVEY

Provincial Survey Invitation- BC Children's Hospital's

BC Children's Hospital's new centre for knowledge is inviting any child or youth 18 years of age or younger and/or their parents or family caregivers to complete this 5 to 10 minute survey. We would like to better support your family by making health information that is easy to find and understand. The purpose of this survey is to collect information to plan a new program for creating and sharing health information that partners with children, youth and family caregivers from the beginning stages.



What Matters to You?

You may also choose to enter a draw for a **\$100 Indigo gift card**.

Your personal information is protected by our privacy law in BC. This law is called the Freedom of Information and Protection of Privacy Act (FIPPA). We are collecting your information under section 26 (c) and (e) of FIPPA. If you have any questions about this topic or this survey, please contact Linda Warner, Patient and Family Engagement Advisor, Email: linda.warner@cw.bc.ca

There are three Ways to Share Provincial Survey:

- 1) **Public Survey URL:** <https://rc.bcchr.ca/redcap/surveys/?s=H9NMKL8DTPLFKCNF>
- 2) **Go to this web address:** <https://rc.bcchr.ca/redcap/surveys/>
Then enter this code: EH9NHFPRW
- 3) **Access with phone camera using QR Code:**



The survey is open until February 29, 2024 and is offered in the following languages:

Français | Tagalog | Deutsch | Español | 한국어 | ਪੰਜਾਬੀ | 普东话 | 东话 | فارسی

MENTAL HEALTH

PINK SHIRT DAY CANADA

FEB 28, 2024

WITIS



Pink Shirt Day Canada- Wednesday, February 28, 2024

[Pink Shirt Day 2024 - Pink Shirt Day Canada](#)

NUTRITION

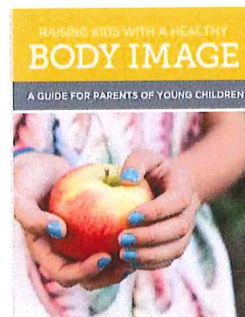
**Provincial Eating Disorders Awareness Week (PEDAW)
February 1st -7th, 2024!**



February 1st – 7th is [The Provincial Eating Disorder Awareness Week \(PEDAW\)](#) in BC. Have a look at the following resources for more information on how to seek support for students struggling with an eating disorder and promote positive body image in the classroom:

Parent Resource

[Raising Kids with a Healthy Body Image](#)



ED Prevention and Support

[Interior Health Eating Disorders Treatment Services](#) – Offers treatment resources, individual and group therapy.

[National Eating Disorder Information Centre \(NEDIC\)](#) - Offers a hotline, can connect to treatment resources, offers awareness and prevention information

[Jessie's Legacy](#) - Offers many ED prevention and awareness resources

PHYSICAL LITERACY



Physical Activity Lesson Plans

[Active for Life](#) is a Canadian not-for-profit social initiative founded by [B2ten](#). Active for Life was born in the spring of 2010, where the leadership team of B2ten met to debrief after Canada's success at the Vancouver Winter Olympics. They are a national initiative created to help parents give their children the right start in life through the development of physical literacy.

For more information and ideas to keep active see: [The latest – Active For Life](#)

RADON AWARENESS

Contest Deadline Extended to February 29, 2024

To raise awareness about radon and its health risks, Interior Health in collaboration with the BC Lung Foundation has launched a **Student Radon Skill Testing Contest**. The contest is open for Grades 4 through 12 and provides an opportunity for students to learn about radon with prizes to be won. For contest rules and details, please visit the [Student Radon Skill Testing Contest Webpage](#). If you have questions, please contact the Healthy Schools team at: HealthySchools@interiorhealth.ca.

