



# NICOLA CANFORD NEWS

SCHOOL POPULATION 135

February 2025

# FEBRUARY 2025



**Strong Character Awards:**  
Caelan, Remi W,  
Kinsley and Jax



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

## Dates to Remember

March 4—Gr 4/5 Girls Handball at DV  
March 5 –Early Dismissal at 11:30 am  
and Parent/Teacher Interviews  
March 5 –Science Fair in the gym  
March 6 –Gr 4/5 Boys Handball at DV  
March 12 –Girls Handball Tournament  
March 13 –Parent Engagement Meeting  
hosted by the PAC at 6:30 pm Library  
March 13 –Boys Handball Tournament  
March 14—Report Cards go home  
March 15 to 30—Spring Break  
March 31—Back to school

## **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.



## **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 10th  
@ 6:30 pm in  
the library**



# 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

### Nicola Canford Hot lunch Program

1. Go to [nce.hotlunches.net](http://nce.hotlunches.net)
2. Enter your username: email address  
Example: [hmacdonald@365.sd58.bc.ca](mailto:hmacdonald@365.sd58.bc.ca) (this will be parent's email address)
3. Password: (same as username)
4. Go to manage orders - you will see "menus" Click on the one you are ordering.
6. Please pay through e-transfer, if possible [NCschool@365.sd58.bc.ca](mailto: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 :)**

## Word of the MONTH

**Yémyəmt**

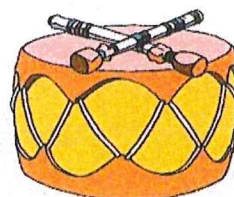
**Means:**

**Love**

## First Nations Activities & Events

February –Hank Yamelst and Daryle Shackley helped students make ice fishing Jigs

February 7 –Ice Fishing Trip at Stump Lake



# February's Principal Message

## PEER CONFLICT, MEAN BEHAVIOUR AND BULLYING

### What's the difference?

#### From Safer Schools Together

When a child is having a problem with her or his peers, it can be hard for parents to know what is really happening – is it bullying? Or is it something else?

Each type of behaviour must be handled differently, to keep children safe and help them learn how to get along with others.

#### Peer Conflict

Conflict between and among peers is a natural part of growing up. Children will have times when they disagree and can't solve their own problems. They may even become so frustrated that they say mean things or act out physically by hitting, kicking or trying to hurt.

If it's peer conflict you will be aware that these children:

- usually choose to play or hang out together;
- have equal power (similar age, size, social status, etc.);
- are equally upset;
- are both interested in the outcome; and
- will be able to work things out with adult help (after calming down).

We respond by helping the children talk it out, and see each other's perspective. This is often referred to as "conflict resolution".

#### Mean Behaviour

Children may try out behaviours to assert themselves – sometimes saying or doing mean things – such as making fun of others, using a hurtful name, taking something without permission, leaving a child out, or "budging" in line.

If it is mean behavior, usually:

- it is not planned and seems to happen spontaneously or by chance;
- it may be aimed at any child nearby;
- the child being mean may feel badly when an adult points out the harm they've caused.

When we see mean behaviour we do not ignore it. We respond quickly, firmly and respectfully to stop the behaviour, to let kids know that their actions are hurtful and to re-direct children to more positive behaviour.

This quick response stops children from developing a pattern of mean behaviour as their way of interacting with peers, and prevents mean behaviour from escalating into bullying. It is a lot easier to correct a child for one nasty comment than to change a pattern of cruelty that grows over time.

## **Bullying Behaviour**

Bullying is serious behaviour that has three key features – all three must be present for the situation to be considered bullying:

- **Power imbalance** — One child **clearly** has power over the other(s), which may be due to age, size, social status, and so on.
- **Intention to harm** — The purpose of the bullying behaviour is to harm or hurt other(s) – it's intended to be mean and is clearly not accidental. It is typically not connected to an incident of peer conflict that has yet to be resolved. **It is meanness for meanness' sake.**
- **Repeated over time** — bullying behaviour continues over time, and gets worse with repetition. There is a real or implied threat that the behaviour will not stop, and in fact will become even more serious.

The effect on the child who is being bullied is increased fear, apprehension, and distress. Often by the time adults find out about what is happening, the child has tried many ways to stop the bullying but cannot do so on their own.

We address the bullying behaviour and ensure the safety of the student who has been targeted. We reassure the children who may have witnessed the behaviour that adults are taking care of it.

Our school's response to bullying is designed to help the child who has been bullying others to take responsibility for their actions, and change their behaviour. We will monitor the situation to ensure the bullying stops, and will support the child who has been bullied to regain confidence and a sense of safety. Staff may follow-up with the students who observed the behaviour to help them learn what to do when they see bullying.



# Sports News

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***“Love the sound of a good goal, play Handball.”—Anonymous***

Congratulations to all our Basketball players as the Basketball season wrapped up this month. The Basketball Tournaments were held on February 11<sup>th</sup> and 12<sup>th</sup>. It was amazing to see the growth of our players and some awesome lay-ups at the games. The girls' team was undefeated in their Tournament Games and the boys team won many games and finished third in the Tournament. A huge thanks to our coaches Ms. Liz, Ms. McVicar and Mr. Bergmann. Thank you so much for your support at practices, playdates and the tournaments.

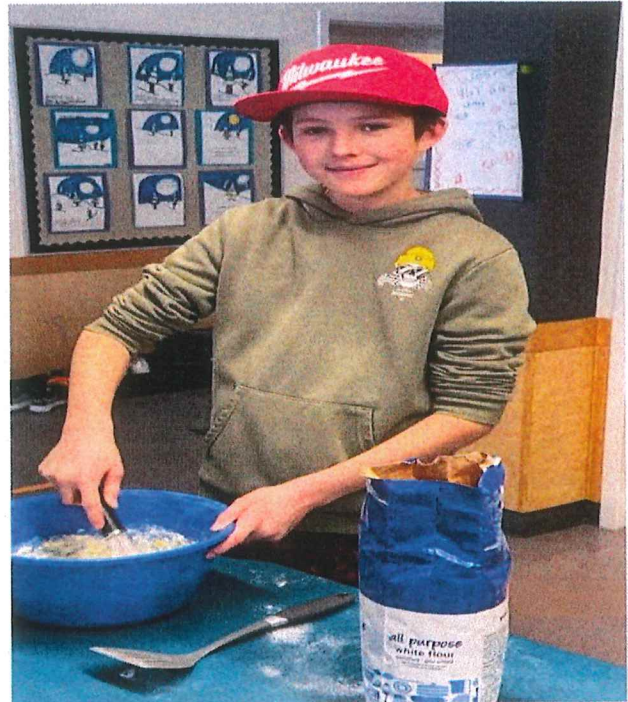
It must be spring because Handball season has started! The excited grade 4/5 students participated in their first few playdates. It's so great to see these students playing some of their first school district games with other schools. It's so exciting to wear an NC jersey! A big thank you goes out to our coaches Mrs. Pickering and Mr. Mobbs. I have been around long enough now to see the generations of Handball players now become coaches! How amazing that the love of Handball continues. Thank you for your time and coaching. The girls teams have been playing on Wednesdays after school and the boys have been playing on Thursdays. The Handball Tournaments will be in March. The Girls Tournament will be on March 12<sup>th</sup> at CMS and Boys will be on March 13<sup>th</sup> at CMS. The Tournaments will be during the day so come and cheer on the teams.

After Handball will be Spring Break, but sports will start again in April with Rugby and practicing for Track Meets.

We will see you on a Handball court soon,

*Ms. Nelson-Smith*

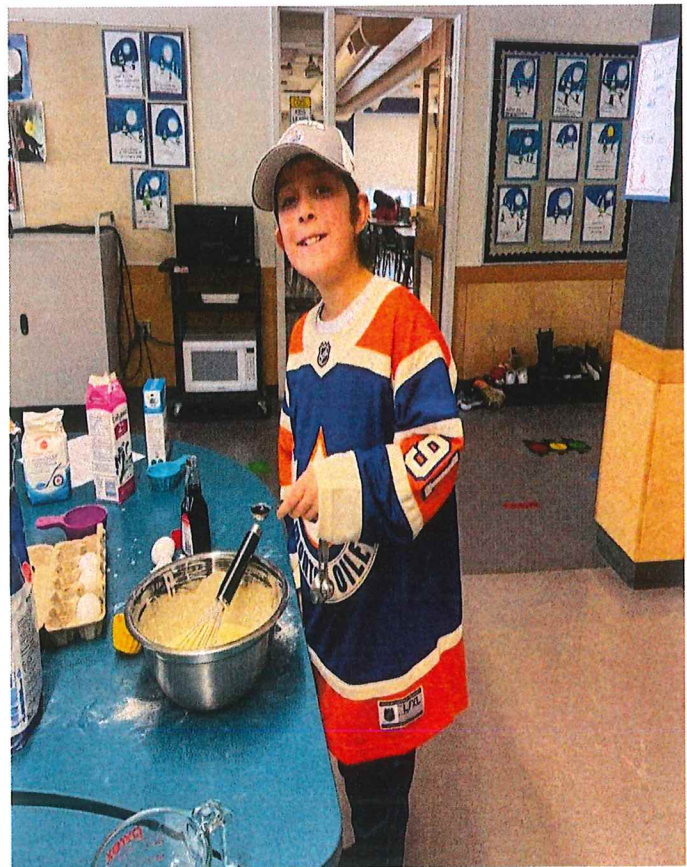




THEY'RE  
CREPE!

February 7th

Our French Language  
students had a great  
day today making  
crepes and practicing  
their oral language







SKI  
TRIP

**February 7**

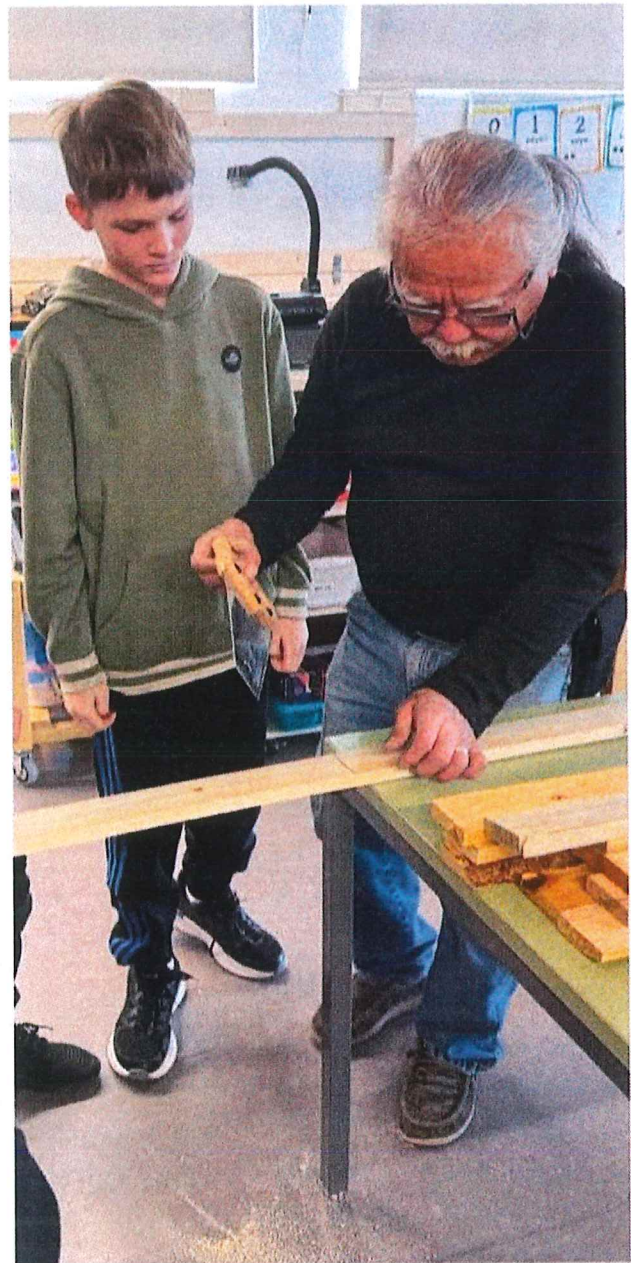
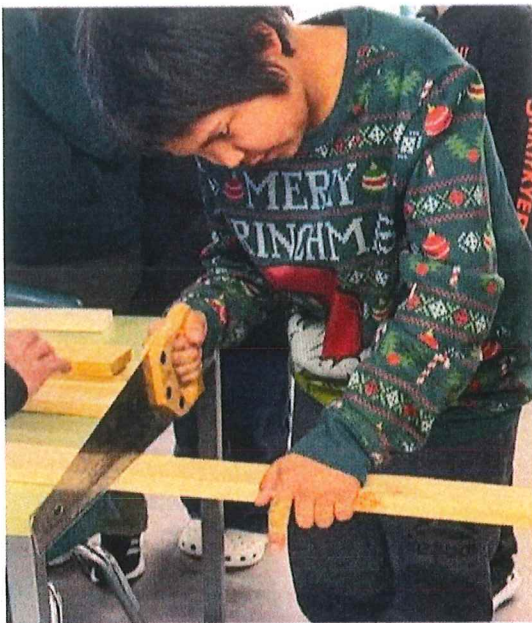
**Intermediate students  
went skiing / snowboarding at  
Harper Mountain**





## Our Thompson Language classes have been making their own ice fishing jigs with Hank Yamelst and Daryle Shackley

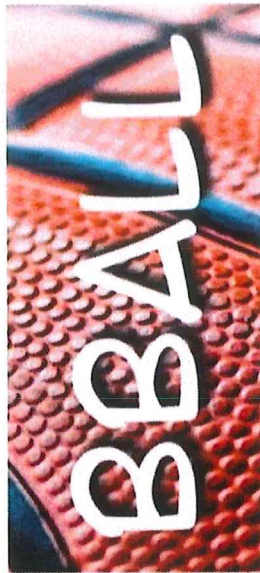
WOODWORK







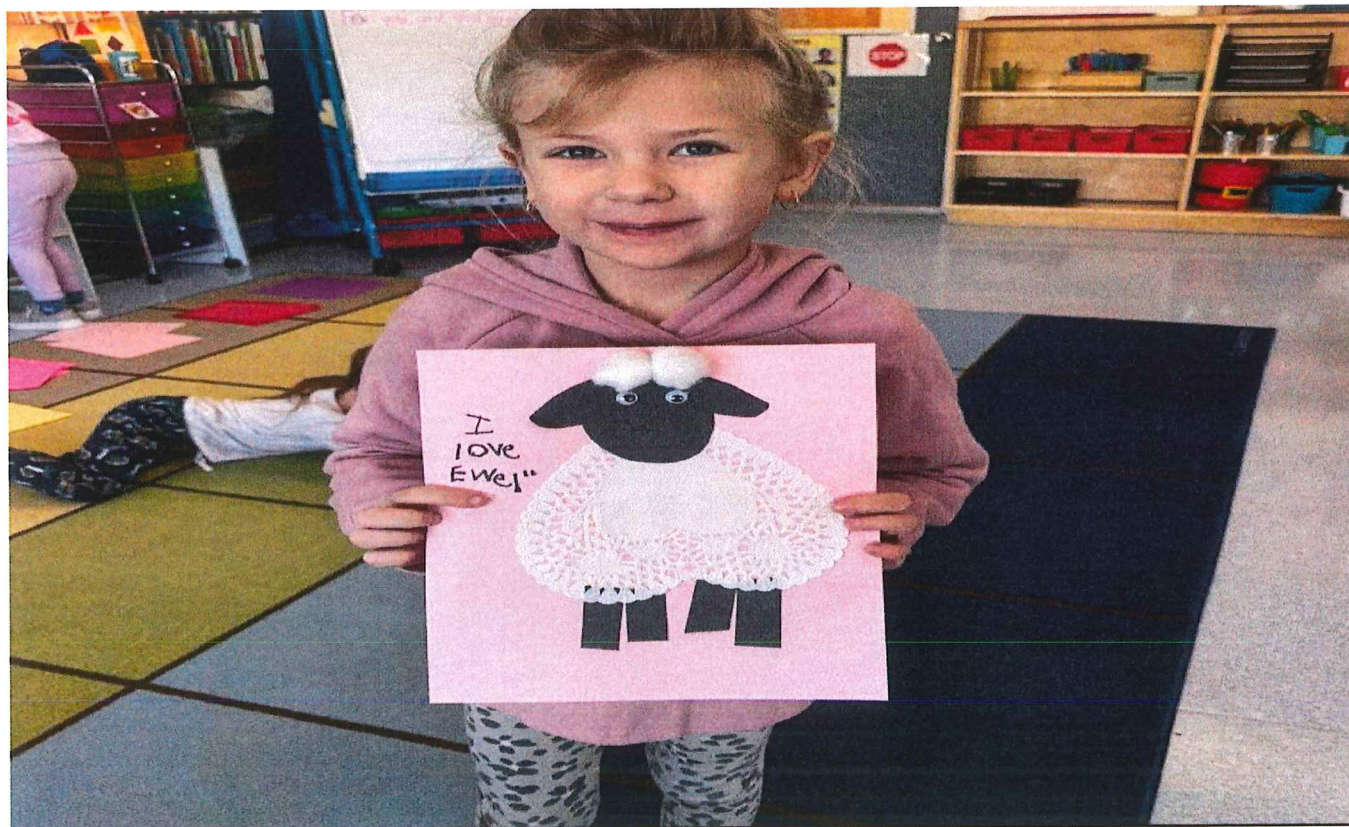
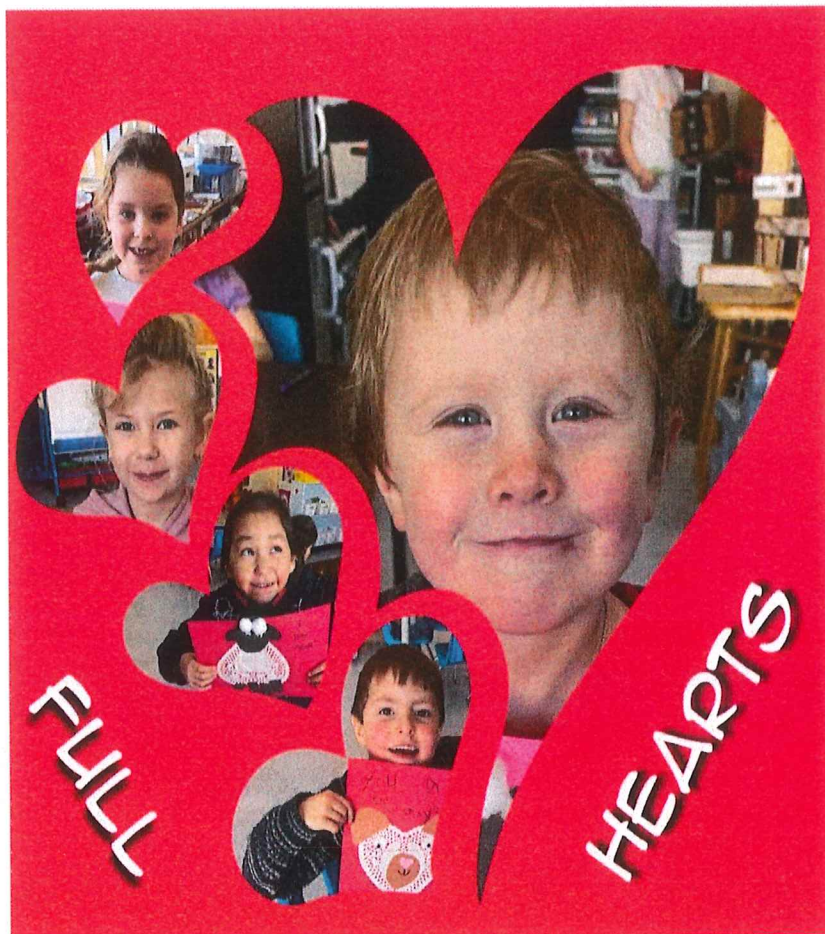
**Our Girls Basketball team went undefeated this season and got first place in the tournament on February 12th!!**







**Div 7 –  
Ms. Fosbery's  
Classes worked  
on puns with  
these cute  
Valentine's Day  
cards**







**FISHING FUN**

**February –  
Div 1/2/3  
Language  
Classes went  
Ice Fishing at  
Stump Lake**





