

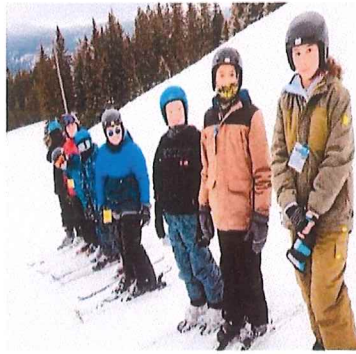


# NICOLA CANFORD NEWS

SCHOOL POPULATION 154

January 2024

# JANUARY 2024



## INTERMEDIATE SKI TRIP



### 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 February 12th @ 6:30 pm in the library**

**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.

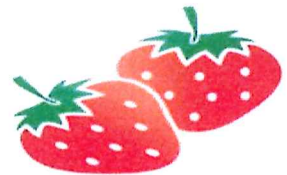
Hours are: Monday, Tuesday, Thursday, Friday 8:30 to 11:30 am  
Wednesday 12:00 to 3:00 pm

### Online Hot Lunch Program



1. Go to [nce.hotlunches.net](http://nce.hotlunches.net) to register your child
  2. Enter your username:  
Example: [hmacdonald@365.sd58.bc.ca](mailto: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](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 :) the students love it!**



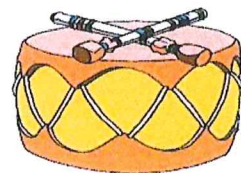
Word  
of the  
MONTH

yǫálxkn

Moose

### First Nations Activities & Events

Drumming on Wednesday's  
with Paul Joe



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

## Principal's Report -January 2024

At Nicola Canford we organize our social/emotional instruction under the umbrella of the Seven Character Teachings. We do this by taking teachable moments, when students may not have acted with their strongest character, and have them reflect on the character trait that best fits the need in that situation. Our Character Teachings are designed to give students the foundational strengths needed work with others in a successful way.

**Love (yémyəmt):** We Give People What they Need, Not What They Deserve

**Courage (zuʔzuʔscút):** We Do What Is Right Even When We Are Afraid

**Wisdom (yəxmstés):** We Ask Ourselves, Will This Make Things Better Or Worse

**Humilty (xəʔstém):** We Think Of The Needs Of Others As Much As Our Own

**Respect (ʔes kiyeʔstém):** We Treat Others How We Want To Be Treated

**Honesty (tíʔtaχʷscút):** We Tell The Truth So That Lies Do Not Shape Our Character

**Truth (tíʔtaχʷstém):** We Work Hard To Be The Best Versions Of Ourselves

### **We ask students:**

- Was I doing the right thing or the wrong thing?
- Was this a strong character decision or a weak character decision?
- Did this make things better or worse?
- Are my feelings in charge of my actions or is my thinking in charge?
- Am I running away from the problem or am I dealing with it?
- Am I being my own boss or am I inviting an adult to be my boss?
- Are the adults trying to help me or hurt me?


For the Month of January we have been focusing on Humility. In the month of February we will be focusing on Respect.

We encourage you to utilize these character action statements and questions at home. Discuss character with your kids. We are all growing and learning. Character is another area we need to develop. If you would like a copy of our posters at home, please contact the school, we would love to print you a set.

*Mr. Bergmann*

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

yəxmstés




láúpeʔ • beaver • castor  
WE ASK OURSELVES  
"WILL THIS MAKE THINGS BETTER OR WORSE?"

WISDOM

January

xəʔstém




sqáwm • wolf • loup  
WE THINK OF THE NEEDS OF OTHERS  
AS MUCH AS OUR OWN

HUMILITY

February/March

ʔes kiyeʔstém




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

RESPECT

April

tíʔtaxʷscút

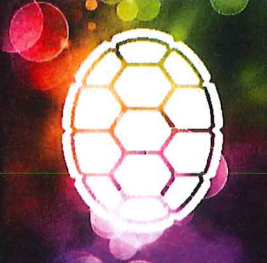


sasquatch • scwenáytmx  
WE TELL THE TRUTH  
SO THAT LIES DO NOT SHAPE OUR CHARACTER

HONESTY

May

tíʔtaxʷstém



ʔəʔsikʷ • turtle • tortue  
WE WORK HARD  
TO BE THE BEST VERSIONS OF OURSELVES

TRUTH

# Sports News

---

**"Basketball is just a platform for me to inspire people." *Kevin Drant***

During the month of January, we enjoyed many great sporting adventures, both inside and outside!

The Primary classes enjoyed going skating at the Merritt arena. It was so great to see everyone skating with their friends and showing determination even when they fell down. Thanks to all the parents and family members who came out to tie skates and have fun skating too. A special thanks to Mrs. Weatherbie for organizing the skating trips.

The intermediate students had a fantastic time at Harper Mountain downhill skiing. It is amazing how fast they could go up and down the hill just after a few lessons. Thanks to all the parents and families who came out skiing with us. Harper Mountain always does such a great job of providing us with a beautiful day of skiing.

January has also been the month of Basketball for the District sports. The NC Basketball teams have been going to playdates every Tuesday and Thursday to practice their skills and get some baskets. There will be a Girls Basketball Tournament on February 6<sup>th</sup> and a Boys Basketball Tournament on February 8<sup>th</sup>. More information to come!

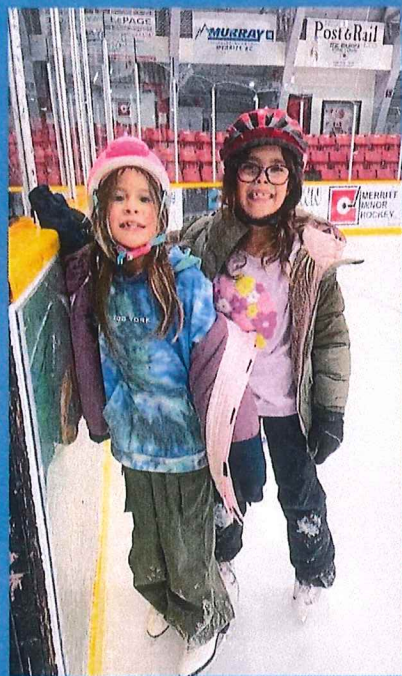
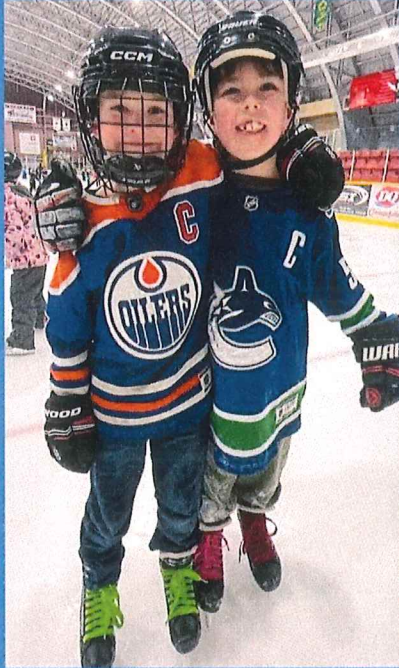
The next sport for SD58 will be Handball for grades 4 and 5. Handball will start in February and end before Spring Break.

See you at the next sports event!

*Ms. Nelson-Smith*



# PRIMARY



# SKATING

## Primary Skating

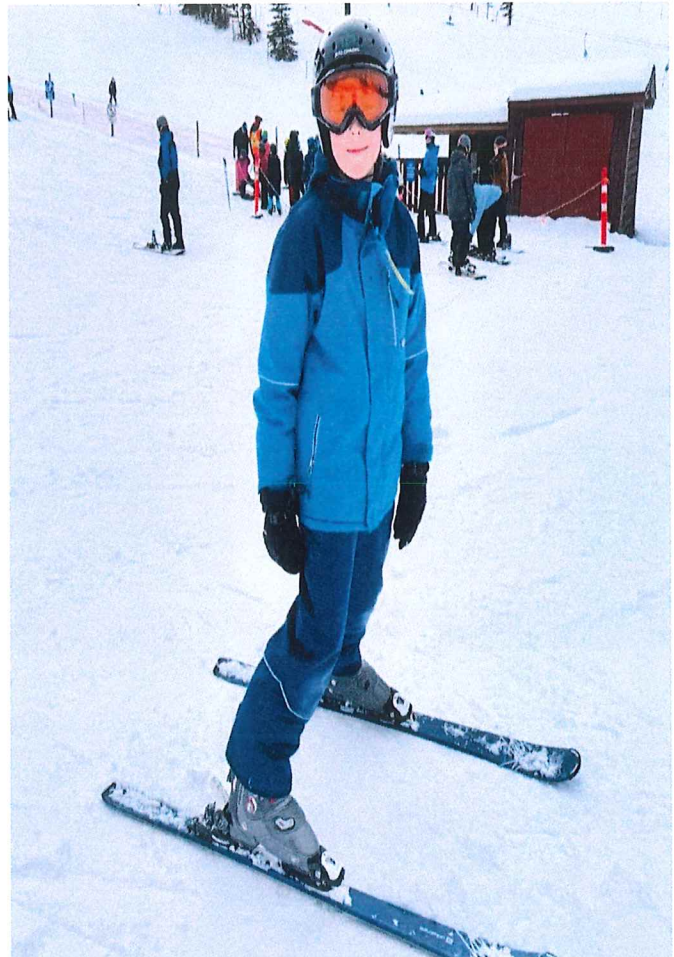
January 10, 17 and 24th at the Merritt Arena

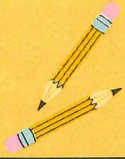




**Intermediate Ski  
Trip to Harper  
Mountain**

**January 26, 2024**





# MISS. ELIZABETH INDIGENOUS STUDENT ADVOCATE



Heñte? kp, Hello all

What a busy first few weeks back after Winter Break! Before Winter Break we enjoyed several different Winter Solstice Activities. We were so very privileged to have elder Rachel Williams join our school to show kids how to make bannock, we also ended the day with the Friendship Dance.

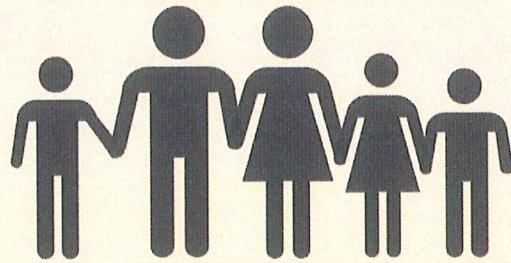
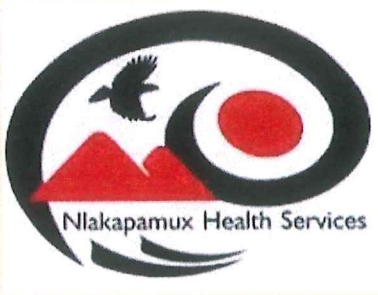
I took Mrs. Weatherbie's class to make spirit houses in anticipation of the Winter Solstice. We went to our traditional calming space and used rocks to form a circle, representing people in their family and rocks on the inside representing personal goal(s).

Coming back after winter break we have been very excited to start up our dance club under the direction of Adrian Retasket and Cheryl McLeod, teaching Pow-Wow dancing to students during lunch-hour.

I also have been very glad to be assisting in coaching the girls basketball team this year again! They've been playing so well and coaching them is so much fun!







**PARENT SESSION: Understanding anxiety, and how to support your child. Including: sleep hygiene, screen time boundaries, family connection, sensory regulation, and more.**

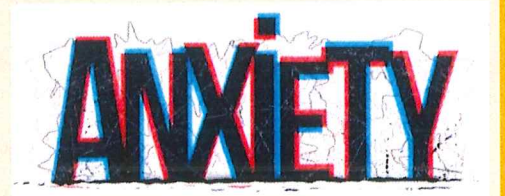
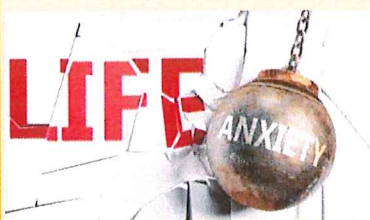
**Door Prizes and Snacks!!**

**This session is in partnership with School District— Nicola-Similkameen, SD58 Indigenous Education Council and Nlaka'pamux Health Services**

**WHEN: February 20, 2024 at 6:30 pm to 8:00 pm**

**WHERE: MSS Learning Commons (Library)**

Merritt and Princeton have seen some really turbulent times in the past four years. Between COVID 19, Fires, and Floods. Students have had to navigate a lot change in those times. Such as having to learn from home, school relocations, pod learning and just what has been happening world wide. Our children have persevered and grown but we could help them with their mental health and anxiety being a very important ones.



# Content for Parent Newsletters

## HEALTH PROMOTING SCHOOLS

January 2024

### DENTAL

---

#### Safeguarding Students' Dental Health on the Field and Beyond!

Hey teachers, coaches, and fellow sports enthusiasts! Let's take a moment to talk about something crucial - protecting those "pearly whites". Whether it's hockey, baseball, soccer, or any other sport, injuries to teeth, gums, and jaws are more common than you might think, both in competitive and non-competitive settings.

Mouth guards play an important role in preventing injuries and also safeguard soft tissues. Let's initiate a conversation with our students, players, parents, and coaches about the importance of wearing sports mouth guards during both practice and competition.

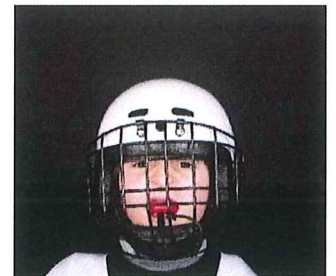


Sharing videos and other resources can promote the use of mouth guards with students before they venture onto the ice, slopes, or sports fields. Follow these links to videos and resources you can share from the Canadian Dental Hygienists Association: [Sports Mouthguards](#), ['Listen to "The Coach" for the Best Advice'](#). The [British Columbia Dental Association](#) provides guidance on oral injuries.

Encourage your sports teams to make wearing mouth guards a habit. Create contests to see which team member can wear their guard properly for the entire duration of practice and games. An exciting prize at the end of the season can be a great incentive. Get inspired with this link to a poster you can add to your locker room or gym: [Mouth Guard Poster](#).

Let's make an investment in protecting our athletes' oral health across all ages and stages of play.

Here's to a season of healthy, happy smiles on and off the field!



## 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.

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](mailto:linda.warner@cw.bc.ca)*

There are three Ways to Share Provincial Survey:

- 1) **Public Survey URL:** <https://rc.bcchr.ca/redcap/surveys/?s=H9NMKL8DTPLFKCNE>
- 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 | 普通话 | 东话 | فارسی



**What Matters to You?**

## INJURY PREVENTION

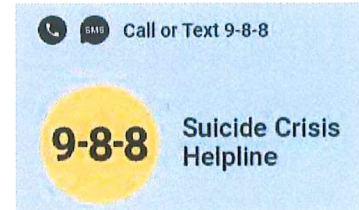
### Community Partnerships

#### 988 suicide crisis helpline launches across Canada

Canada's 988 hotline, which gives people access to suicide prevention services via call or text, is now available in all provinces and territories, 24/7 and free of charge. Its goal is to prevent suicide. Calls and texts will be directed to a network of partners in communities across the country.

To find out more, access the website at: [Get Help | 9-8-8: Suicide Crisis Helpline \(988.ca\)](https://www.gethelp.ca/988)

For more details see this CBC News article: [988 suicide crisis helpline launches across Canada | CBC News](https://www.cbc.ca/news/988-suicide-crisis-helpline-launches-across-canada).



## TOBACCO AND VAPOUR REDUCTION

### National Non-Smoking Week

Did you know that, on average, a smoker lives 10 years less than a non-smoker? To help inform Canadians about the risks of smoking, prevent the initiation of use, and inspire users to quit, the Canadian Council for Tobacco Control has dedicated the third week of January as National Non-Smoking Week. This annual campaign also stresses the importance of educating children and youth by protecting them from starting cannabis, commercial tobacco and vapour use. Also, with open and honest conversations encouraged throughout the week, individuals looking to quit or limit their use can plan with friends to improve their health. This year, the notable week falls on **January 21 – 27, 2024** with the Wednesday (January 24) dedicated as Weedless Wednesday, where smokers are encouraged to stop lighting up cannabis, commercial tobacco and vapour products for a 24-hour period. Remember – every attempt to quit counts!

### New! QuitNow Mini Site for Youth Vaping



Informed by QuitNow's engagement work with young people across BC, and feedback provided by the Youth Advisory Council at McCreary Centre Society, this new QuitNow Vaping mini site provides information and interactive activities on the health risks of vaping, the benefits of quitting vaping, and coping with nicotine and cannabis dependency and mental health. There is also a step-by-step guide youth can access in order to quit or reduce vaping. You can access this new webpage for more information here: [Cut Down or Quit Vaping: The steps towards a vape-free life | QuitNow](https://www.quitnow.ca/youth-vaping).

### **BC Lung Vaping Health Education Toolkits for Parents & Teachers**

In partnership with some of our neighboring BC Health Authorities, the BC Lung Foundation has developed youth vaping health education resources intended for use by teachers, healthcare professionals and parents. These toolkits include PowerPoint presentations with integrated interactive activities and concise video content on the known health risks of vaping for both students at the grade 5-7 level, and for the grade 8-10 level. These useful and informative toolkits can be accessed here: [Vaping Health Education Toolkits for Parents & Teachers | BC Lung Foundation](#)

