



NICOLA CANFORD NEWS

SCHOOL POPULATION 153

October 2023



OCTOBER 2023

PUMPKIN PATCH



Miss Fosbery's class went to 3 Bar Farms Pumpkin Patch on October 26, 2023

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 November 20th @ 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.

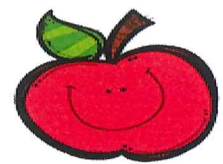
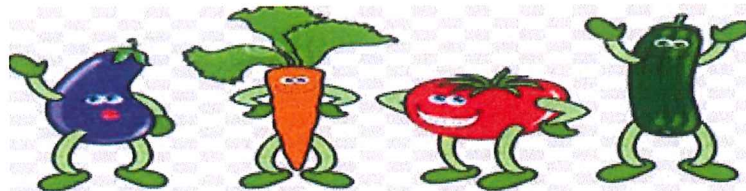
Hours are: Monday, Tuesday, Thursday, Friday 8:30 to 11:30 am
Wednesday 12:00 to 3:00 pm

Online Hot Lunch Program



1. Go to nce.hotlunches.net
 2. Enter your username:
Example: 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.
 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**

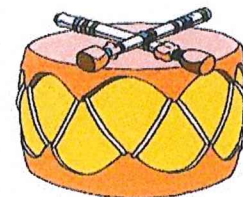
sneyí?

which means

ghost

First Nations Activities & Events

Drumming on Wednesday's
with Mr. Joe



October 10—Ms. McIvor's language class
Had a field trip to Nooaitch to build Spirit
Houses

Principal's Message – October 2023

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.

Library Update

November will see the return of a traditional event in the school calendar that was missing for the last few years, the Scholastic Book Fair. During the week of November 20, Nicola Canford will be hosting a book fair in the library.

Regular library activities will not happen for that week. I will be working with teachers to try and have all classes preview the Book Fair on Monday, November 20. Students will get a flyer with some information as well. I am hoping the Book Fair will:

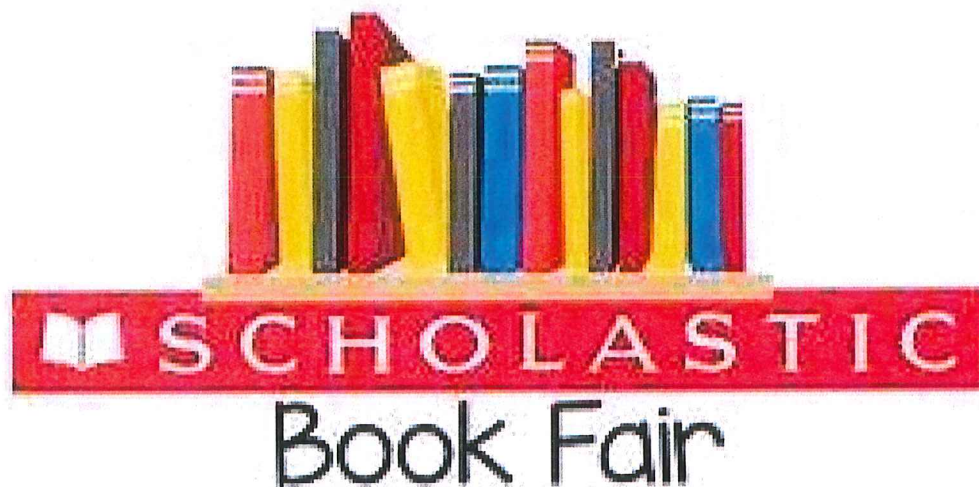
- Promote reading at all grade levels.
- Provide a chance for families to purchase books at reasonable prices and with greater selection. It might provide something different for Christmas shoppers.
- We partner with Scholastic and the library receives part of the proceeds of our Book Fair. We can elect to take our portion in Scholastic dollars (only to be spent on their products) or if our sales are high enough, we can take some of it in cash to spend as we see fit.

Many of our students have yet to experience a Scholastic Book Fair, the last one we had was in 2019. In addition to books, there are many products including school supplies like special pencils, erasers, diaries, bookmarks and more. If you have any questions, please do not hesitate to contact me at acleaveley@365.sd58.bc.ca.

Thanks for your support,

Mr. Aaron Cleaveley

Nicola Canford Librarian



Sports News

“Pass it higher, hit it harder, set it harder, give it all you’ve got.”

anonymous

We had another great month of sports at Nicola-Canford and at SD58 for October.

The weather was perfect for the cross-country run in Princeton. We had students from grade 3 to grade 7 have a great time running in the sunshine at PSS. All of our grade 6 and 7 students should be very proud of their accomplishments especially running a 4.5km run. Way to go! The day was beautiful, and many ribbons were handed out, but the best part for many were the hot dogs. Thanks to Princeton for hosting us and to the parents who drove to Princeton to cheer on our runners.

We finished the cross-country run season with 2 runs in one day! In the morning of October 13th everyone ran the Terry Fox Run and at lunchtime we sent 4 teams from NC to take part in the exciting Sash Race. That was a lot of running in one day and all of our students did an amazing job! Even more amazing was the amount of donations that we received for the Terry Fox Foundation this year, **\$940.15**. So, thank you so much for our community for raising more money than ever for such a great cause!

We have already been playing a lot of Volleyball (Triple Ball) for the month of October. Both of our Volleyball teams have had a little taste of what it is like to play with other teams. We are impressed with their skill development already. Here are the upcoming playdates which are all after school and the Tournament is November 24th during the day.

-Nov. 2nd at CV

-Nov. 7th at CV

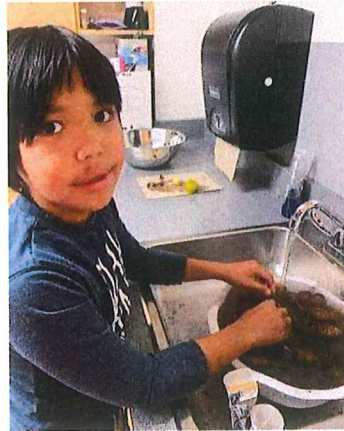
-Nov. 9th at CMS

-Nov.17th at CV

FNSW - ELIZABETH PHILLIPS

Welcome Dinner

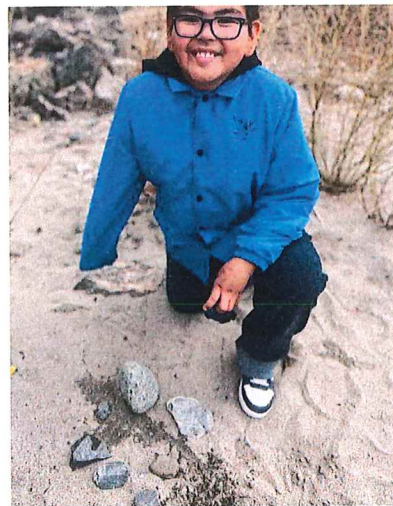
Carlos baked 2 cakes. He also cleaned and roasted potatoes from our own garden



Spirit houses with Division 3 Language Class and Elder Amelia Washington

The rocks on outside represented family members and the rocks on inside represented goals for the year.

We also had our group of students help say a prayer by the water for Mother Earth and to help pray for healing for all.

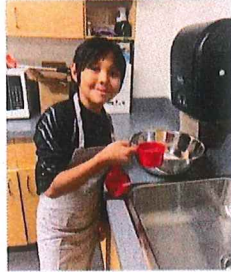


SD58 & Aboriginal Education Hosted Elder's Luncheon at Collettville

Here are some of the Elder's playing chair volleyball.



happy
Halloween

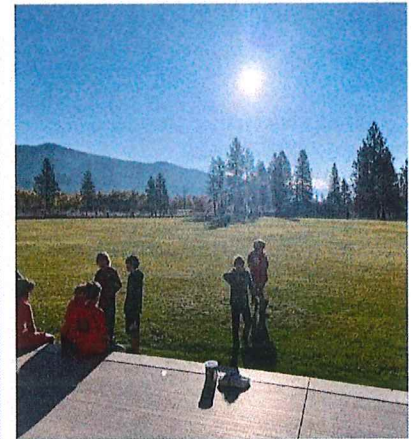


*Welcome Dinner -
October 5, 2023*

*Terry Fox Run -
October 13, 2023*



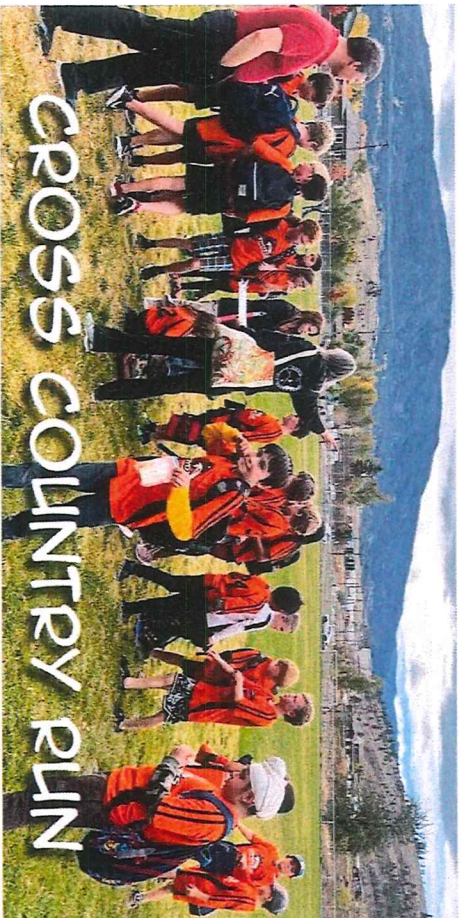
*\$940.15 was raised
for the Terry Fox
Foundation!
Thank you for your
Support!!!!*





Cross Country Run at Merritt Central

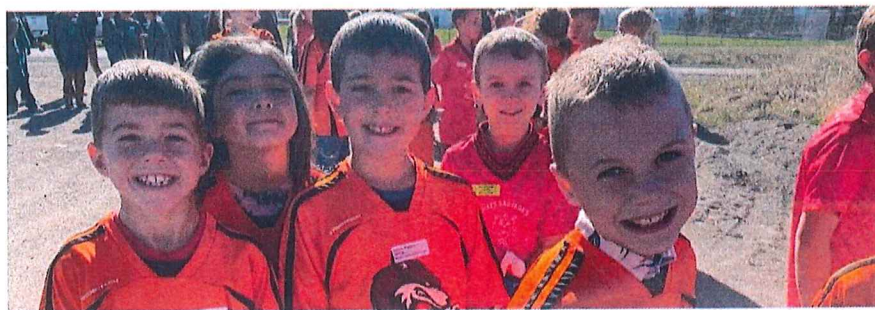
October 4 2023





*Princeton Cross
Country Run-
October 6, 2023*

PRINCETON RUN



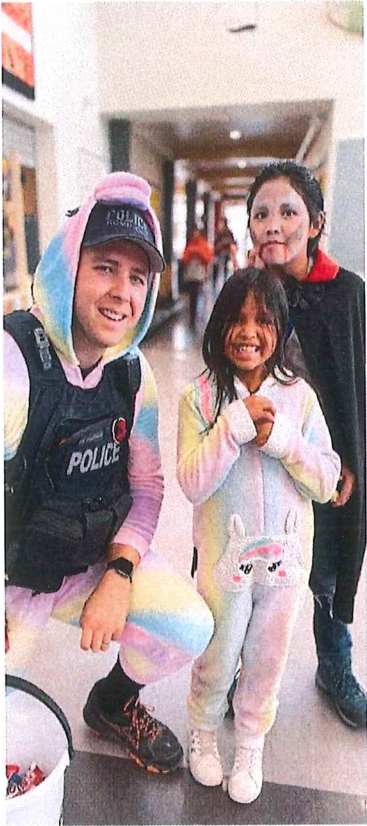
*Nicola Canford
alumni Iggy
Connolly came to
share about his
grandmother's
history with
residential school*

September 29, 2023

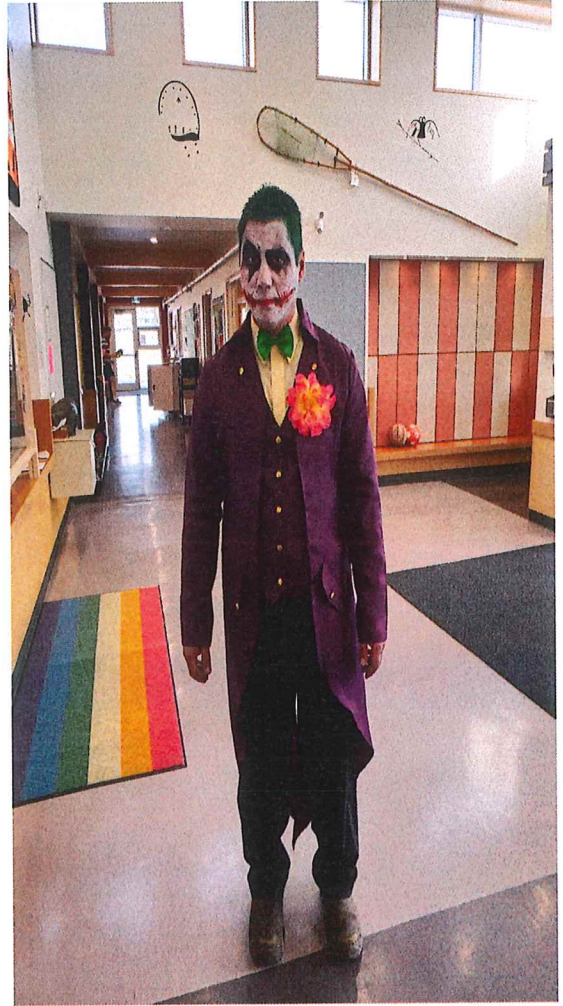


INDEGENOUS HERITAGE





COSTUME PARADE



*Happy Halloween!!
October 31, 2023*



yémyəmt

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

LOVE

zuʔzuʔscút

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

COURAGE

yəx̣mstés

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

WISDOM

xəʔstém

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

HUMILITY

ʔes kiyeʔstém

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

RESPECT

tíʔtax̣ẉscút

sasquatch • sáwenáyṭṃx̣
 WE TALK THE TALK
 SO THAT LES DO NOT SHAPE OUR CHARACTER

HONESTY

tíʔtax̣ẉstém

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

TRUTH