



# NICOLA CANFORD NEWS

SCHOOL POPULATION 149

November 2017

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|                      |        |
|----------------------|--------|
| Rayna Fountain Hall  | Nov 4  |
| Reegan Miller        | Nov 8  |
| Trae Schwartz        | Nov 8  |
| Tyrel Bob            | Nov 16 |
| Jake Jury-Hoisington | Nov 17 |
| Karmel Hepper        | Nov 20 |
| Cruz Robinson        | Nov 21 |
| Mikayla Manke        | Nov 22 |
| Simon Kamp           | Nov 25 |



**Daylight Savings Time ends on Sunday, November 5**  
Set your clocks one hour back for school on Monday morning!



*Lest We Forget*

**SACRIFICE**  
**TRIBUTE** SOLDIERS  
REMEMBRANCE  
**POPPY DAY**  
VETERANS BRAVERY  
**RESPECT HEROES**  
LEST WE FORGET



Please leave any Halloween candy that may contain nuts at home for consumption.



**STRONGSTART EARLY LEARNING CENTER**

StrongStart is a free, drop in, early learning program for children birth to five to attend with their parents/ caregivers. Hours are:

Monday, Tuesday, Thursday and Friday 8:30 - 11:30  
Wednesday 1-4

We have play time, crafts, songs, stories, a snack and gym time.



**We are fundraising for a new playground structure for our School!**

**Neufeld Order Forms are due Nov 9th!**

**Steeped Tea Fundraiser Nov 13th**

**Centennials Teddy Bear Toss Tickets**  
**NCE PAC will be selling regular priced tickets and our school will receive a kickback for each ticket sold....so cool!**

**No School**  
**Remembrance Day**  
**November 13th**  
**Shortened-Days**  
**Nov 28 & 29th**

# Sports News Lisa Nelson-Smith



## “Volleyball-May the spike be with you”

Over the past month we wrapped up our cross-country runs. The last run for SD58 was in Princeton. The snowy weather held off enough for our NC runners to have a great time and do some amazing running. A special cheer goes out to those runners in grade 6 and 7 who completed the 5km course. Way to go! That was a long way to run. Thanks to everyone who helped to make the cross-country running so successful this year.

We have started practices for Volleyball. We had a lot of students sign-up for Volleyball and we should be able to make up 3 teams from NC this year. The teams are mixed with boys and girls from grades 5, 6 and 7. There will be a few playdates for the teams coming up in November and a Volleyball Tournament at CMS on November 24<sup>th</sup>. Please stay tuned for announcements regarding practices at lunch hours.

## Words of the MONTH

Nte?kepmxcin  
y'e wikcn  
Meaning...  
It is good to see you

French  
c'est bon de te voir  
Meaning...  
It is good to see you



## First Nations Activities & Events



|              |                          |
|--------------|--------------------------|
| November 9th | Grade 6 Lahal Tournament |
|--------------|--------------------------|



## Lahal History

Lahal, is a traditional game of First Nations people. It is a guessing or a gambling game that involved two teams seated across from one another. The purpose of playing is to bring people together or to bring back happiness and lift the spirits and hearts of others. The game is played on many occasions such as celebrations and gatherings. Traditionally it was played after funerals. Small logs about four to six inches in diameter and about 10 feet long were used to beat with sticks and sung to. Drums were rarely used. Rattles, horns and drums are used to play the game today. Songs that are sung pertained to the bands, or family, and some are borrowed from another band by way of asking. Due to the historic suppression of cultural ways the game of Lahal was almost lost. It has since been restored due to cultural prominence. The game always starts with an open traditional game where the men play against the women. The prizes played for could be anything that is of special value or many different traditional items. Examples of such things could be purses, game sets, scarves, etc. In the historic times prizes could be valuables such as horses, and trade items. This differs quite a bit from the present day prizes, which include money, televisions, and many modern accoutrements. Traditionally, there was no time limit. For instance, some games can last up to one and a half hours. Some games were played for high stakes and could last for several days. In these serious games a judge would sometimes be appointed to keep the contest fair. (Our tournaments have a 20 minute time limit).

## Principal Report! Mr. Burt Bergmann

### SCHOOL REDINESS

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:

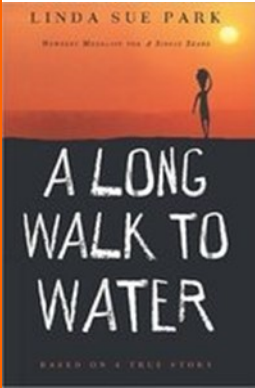
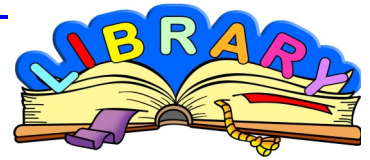
You are what you eat is more than just an old proverb. In terms of student success nutrition has a significant impact. Numerous studies have shown that children who eat less nutritional food and snacks have significantly poorer attendance, punctuality and grades at school, and they have more behaviour 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.



**Fridays are School Spirit Days!**

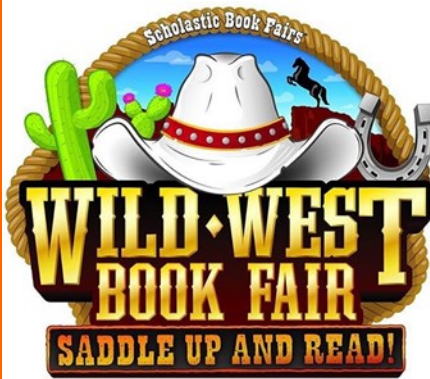
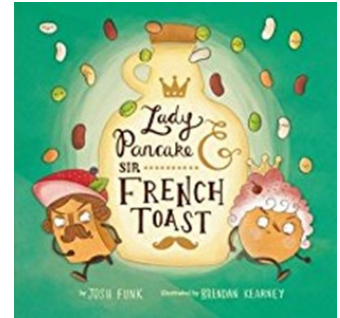


# Library News Aaron Cleaveley



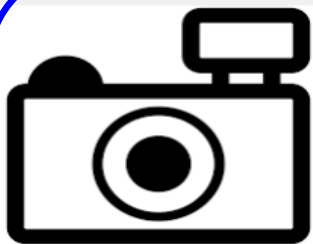
November is set to be another busy month in the library. Currently, Divisions 1 and 2 are reading the book *A Long Walk to Water* by Linda Sue Park as part of the Global Read Aloud. This means we are reading the book with classes all over the world with over 2 million students participating. Our classes discuss their reading with classes in Tustin, California, and Buenos Aires, Argentina. Division 2 is making a third connection this week.

On Friday, November 10<sup>th</sup>, primary classes are connecting with picture book author Josh Funk in a Skype session. He is the author of some of our favourite books including the *Lady Pancake* series, *Pirasaurs*, and *Dear Dragon*. We hope he will talk about his upcoming books as well.



Finally, at the end of the month we have our first Scholastic Book Fair this year. One important change is that this year, we will be able to accept Debit cards for parents who want the added convenience of paying in this way. As in the past, we will have one of the oldest credit card machines in the world, and cash is also accepted. We look forward to receiving an excellent selection of books soon, and the Book Fair should be a great opportunity for people to start Christmas shopping with a large portion of the profits returning to the school. Book fair dates are:

**November 28, 29, 30 and December 1st.**



## **Photo Retakes Thursday November 14th**

Ask for forms, must be prepaid.

### **NOTICE TO ALL PARENTS:**

If we do not receive a note or phone call from parents, students will be put on the bus. We have had too many incidents where the child tells us they are getting picked up and they are not. The office must be notified prior to 2:15 pm in order to be taken off the bus lists if you are picking up a student.



**PIZZA DAY** November 24th



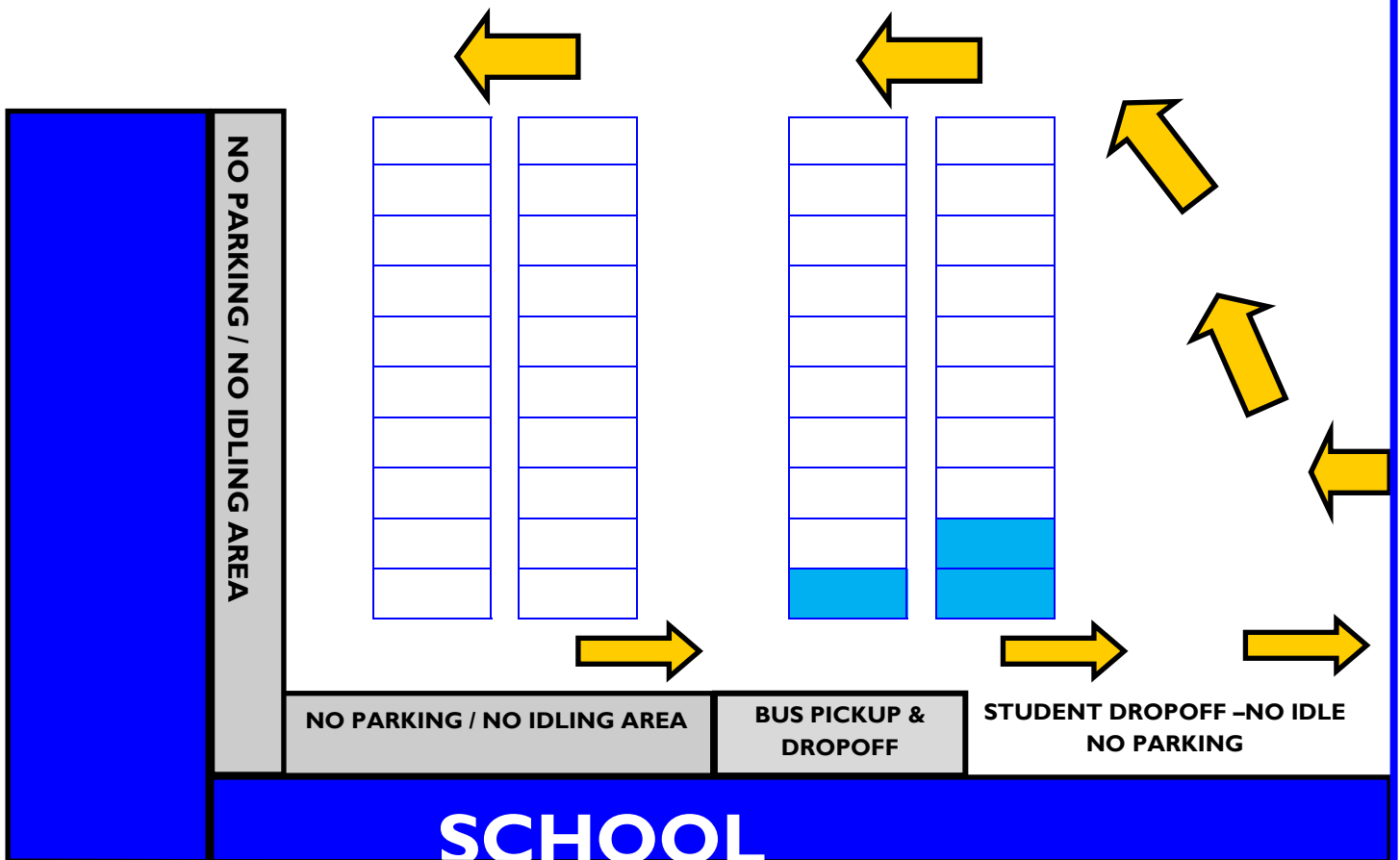
**NUT FREE SCHOOL**

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



# PARKING

Just a reminder of the Schools Student Drop off areas. We need to ensure we are not dropping students off by the playground area and the front area is for the School Buses to stop. You can drop your children off in the areas indicated below or park in the parking spaces provided. These changes were made as we have had lots of vehicles left idling along the fence, blocking the pathway and exhaust billowing into the playground area. Thank-you for your help!



## Provincial Idle Reduction Initiative



**Provincial Idle Reduction Initiative**

The **Provincial Idle Reduction Initiative** was a province wide public-awareness campaign aimed at getting drivers to change their habits so as to decrease the amount of time spent idling engines. The initiative addressed issues of health and air quality, climate change, and economy and environmental concerns.

# Volleyball Schedule

## Nicola Canford at CMS

Intermediate Student Volleyball Schedule—more details to follow by notice to parents.

|  |                             |  |
|--|-----------------------------|--|
| Thursday, November 9 <sup>th</sup> &<br>Thursday, November 16 <sup>th</sup><br>2:30-4:10 |                             |  |
| <b>Court 1</b>   | <b>Court 2</b>              |  |
| Bench B vs DVB<br>2:30-2:50  | Bench C v NCC<br>2:30-2:50  |  |
| Bench B vs CVB<br>2:50-3:10  | Bench C vs DVB<br>2:50-3:10 |  |
| NCC vs DVB<br>3:10-3:30  | Bench C vs CVB<br>2:50-3:10 |  |
| CVB vs DVB<br>3:30-3:50  | Bench B v NCC<br>3:30-3:50  |  |
| Bench B vs Bench C<br>3:50-4:10  | NCC v CVB<br>3:50-4:10      |  |

|   |                             |  |
|---|-----------------------------|--|
| Tuesday, November 14 <sup>th</sup> &<br>Tuesday, November 21 <sup>st</sup><br>2:30-4:10 |                             |  |
| <b>Court 1</b>  | <b>Court 2</b>              |  |
| NC B vs DVA<br>2:30-2:50  | Bench A v NCA<br>2:30-2:50  |  |
| NC B vs CVA<br>2:50-3:10  | NCA vs DVA<br>2:50-3:10     |  |
| Bench A vs DVA<br>2:50-3:10   | NCA vs CVA<br>2:50-3:10     |  |
| CV A vs DVA<br>3:30-3:50  | Bench A v NC B<br>3:30-3:50 |  |
| NCA vs NC B<br>3:50-4:10  | Bench A v CVA<br>3:50-4:10  |  |

# Upgrade your high school education



**Free**

through School District 58 (Merritt)

## Free High School Courses for Students Already Graduated

As of September 1, 2017 these courses are now tuition free.

The following high school courses are available tuition-free through the School District to adults that already have graduated.

Kengard Learning Centre (SCIDES & CLC) is offering these courses using flexible delivery methods which include self-paced, onsite, or online learning.

Call us: **250-378-4245**

[www.scides.org](http://www.scides.org)

### Courses available:

| Foundations Courses ( <i>upgrading basics</i> )  | Academic Upgrading Courses  |
|--|---|
| English Level 4: Core<br>Information & Communications Technology<br>Math Level 5<br>Math Level 6: Apprenticeship & Workplace<br>Math Level 6: Math Foundations<br>Math Level 7: Apprenticeship & Workplace<br>Math Level 7: Math Foundations<br>Science: Biology<br>Science: Chemistry<br>Science: Physics | Communications 11<br>Communications 12<br>English 11<br>English 12<br>Biology 11<br>Biology 12<br>Chemistry 11<br>Chemistry 12<br>Physics 11<br>Physics 12<br>Apprenticeship and Workplace Math 11<br>Foundations of Math 11<br>Pre-Calculus 11<br>Apprenticeship and Workplace Math 12<br>Foundations of Math 12<br>Pre-Calculus 12<br>Calculus 12 |





# Active After School Program

K to Gr 7

Each day includes **TRANSPORTATION** from all five public elementary schools and **SNACKS**.

| Mondays | Tuesdays | Wednesdays | Thursdays  | Fridays |
|---------|----------|------------|------------|---------|
| K-3     |          |            |            |         |
| Active  | ART      | DRAMA      | MINI       | POOL    |
| Stories | &        | AT         | BASKETBALL | FUN DAY |
| Gr 3-7  | COOKING  | MSS        |            |         |
| Curling |          |            |            |         |

Register at <http://www.karelo.com/register.php?BID=677&BT=10&Ev=17523>

For assistance please contact Debby

Morton @ 378.6005 or via email

[dmortonasp@gmail.com](mailto:dmortonasp@gmail.com)

**DAY SCHEDULE**

- 2:30-3:15pm **Pick up from school**
- 3:15-3:45pm **Healthy snack**
- 3:45-5:00pm **Organized program listed above**
- 5:00-5:30pm **Pick up at Merritt Central School**

|            |                          |             |
|------------|--------------------------|-------------|
| Mondays    | <b>Active Stories</b>    | <b>\$60</b> |
|            | Nov 6th—Dec 18th         |             |
| Mondays    | <b>Curling</b>           | <b>\$90</b> |
|            | Nov 6th - Dec 18th       |             |
| Tuesdays   | <b>ART &amp; COOKING</b> | <b>\$70</b> |
|            | Nov 7 – Dec 19th         |             |
| Wednesdays | <b>DRAMA</b>             | <b>\$70</b> |
|            | Nov 8 - Dec 20th         |             |
| Thursdays  | <b>MINI BASKETBALL</b>   | <b>\$70</b> |
|            | Nov 9—Dec 21st           |             |
| Fridays    | <b>POOL— FUN DAY</b>     | <b>\$60</b> |
|            | Nov 10— Dec 22nd         |             |





| Sun                    | Mon                                | Tue   | Wed | Thu                       | Fri   | Sat    |
|------------------------|------------------------------------|---|-----|---------------------------|---|--------|
|                        |                                    |   | 1   | 2                         | 3   | 4      |
| 5 Daylight Savings<br> | 6 Menus<br>                        | 7   | 8   | 9 Gr 6 Lahal<br>          | 10 School Remembrance Day Assembly 10:30<br>              | 11<br> |
| 12                     | 13<br>                             | 14 Photo Retakes 8:30am Prepaid<br>                                 | 15  | 16                        | 17  | 18     |
| 19                     | 20 Menus<br>PAC Meeting 7:15pm<br> | 21  | 22  | 23 Month-End Assembly<br> | 24 Pizza Day<br>Report Cards<br>VolleyBall Tournament<br> | 25     |
| 26                     | 27                                 | <br><b>BOOK FAIR</b><br>SHORTENED DAYS<br>PARENT TEACHER INTERVIEWS |     |                           | 30<br>**Nov 28-30th Library Book Fair                     |        |



# Show Your School Spirit

We are excited to be offering "Nicola-Canford Clothing" again this year. We are encouraging students and staff to wear their NC clothing each Friday throughout the school year as a way to promote our school spirit! The following choices are available for order:

**Please indicate your choice by circling the correct size.**

|   |                         |  |         |
|---|-------------------------|--|---------|
| Black Sweats<br>(with NC Logo)                                      | Youth Size:<br>S M L XL |  | \$20.00 |
|   | Adult Size:<br>S M L XL |  | \$22.00 |
| Orange School T-Shirt<br>(with NC Logo )                            | Youth Size:<br>S M L    |  | \$12.00 |
|   | Adult Size:<br>S M L    |  | \$12.00 |
| Black Hoodies<br>(with <b>FULL COLOUR</b> NC Logo and child's name) | Youth Size:<br>S M L XL | Name to be embroidered on arm:<br>_____                                    | \$32.00 |
|   | Adult Size:<br>S M L XL | Name to be embroidered on arm:<br>_____                                    | \$36.00 |
| Aluminum Water Bottle<br>(with NC Logo )                            | 27oz.                   | - Single-wall aluminum with screw-on lid<br>- Wide-mouth top for ice cubes | \$10.00 |
| Plastic Tumbler with Straw<br>(with NC Logo )                       | 17oz.                   | - Double-wall insulation   | \$8.00  |
| Nicola Canford Vinyl Sticker  | 9cm x 7cm               | - Stick your school spirit everywhere                                      | \$2.00  |
| <b>Total</b>  |                         |  |         |

Student: \_\_\_\_\_ Teacher: \_\_\_\_\_

School items may make an excellent gifts. Please indicate delivery preference below. ☺

Deliver to student at school: \_\_\_ Parent pick-up: \_\_\_ Phone number: \_\_\_\_\_

SIZE SAMPLES CAN BE MADE AVAILABLE. PLEASE CONTACT US IF YOU NEED HELP WITH SIZING.

If you are interested in ordering school items for your child please fill out the order form above and return to the school with full payment by **November 9<sup>TH</sup>, 2017**.

Cheques to be made out to: **Nicola-Canford Elementary**.

Questions can be emailed to: amouland@365.sd58.bc.ca

