



NICOLA CANFORD NEWS

SCHOOL POPULATION 135

December/January 2025

DECEMBER 2024/JANUARY 2025



STRONG CHARACTER

Tao Andrew, Timber Mobbs and Avril McKague

Dates to Remember

- February 7 –Intermediate Ski Trip to Harper Mountain
- February 11 –Boys Basketball Tournament
- February 12 –Girls Basketball Tournament
- February 14 –No school –Pro-D Day
- February 17 –No school –Family Day

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 Welcomed

Next meeting February 10th @ 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

Nicola Canford Hot lunch Program

1. Go to nce.hotlunches.net
2. Enter your username: email address
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.
6. Please pay through e-transfer, 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 :)**

Word of the MONTH

qitxe

Means:

Wake Up

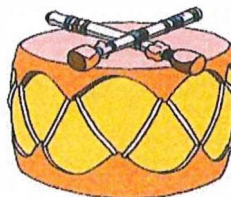
First Nations Activities & Events

January 21–Vileena Petersen –Hoop

Dance practice

January 22– Derek Sheena –Drumming
practice

January 29— District Pow Wow at the
Civic Centre



JANUARY PRINCIPAL'S REPORT

The Impact of Casual Use of Racially Charged Language

At Nicola Canford, we strive to create a more inclusive and respectful environment for everyone. In recent times, there has been a growing concern about the casual use of racially charged language within schools across Canada, BC, our district and even our school community. Often these words or phrases originate in popular music, video games or come from social media influencers whose language and cultural origin is different than our own.

Words and phrases that may seem harmless or "just jokes" to some can have profound negative impacts. While these remarks may not always be intended to harm, they contribute to a culture where such language is normalized and accepted.

THE NEGATIVE IMPACT

Creating a Hostile Environment: Studies have shown that the use of racially charged language can create a hostile and unwelcoming environment for students from marginalized groups. This can lead to feelings of alienation, anxiety, and decreased academic performance.

Reinforcing Stereotypes: Casual racism reinforces negative stereotypes and biases, making it harder for individuals to be seen and treated as equals. This perpetuates a cycle of discrimination and inequality.

Desensitization: When racially charged language is used casually, it desensitizes the community to the seriousness of racism. This can lead to more overt acts of racism and discrimination, as the boundaries of what is considered acceptable behavior are blurred.

Impact on Mental Health: The constant exposure to racially charged language can have detrimental effects on the mental health of students. It can lead to increased stress, depression, and a sense of isolation.

MOVING FORWARD

To create a more inclusive and respectful school community, it is essential to address the casual use of racially charged language. Here are some steps we can take as a community:

Education and Awareness: At school, we will continue to educate students about the impact of using racially charged language and the importance of using inclusive language. We ask that you have these same conversations at home with your children so that they come to school with a clear understanding of the harms of racially charged language.

Promoting Accountability: We will continue to encourage students to hold each other accountable for their language and actions. This can help create a culture of respect and inclusivity. We will also address these instances with education, school-based consequences and connection with home. We ask for your support when instances are brought to your attention and that you address them with the seriousness that they warrant.

Support Systems: We will continue to provide resources and support for students who are affected by casual racism. This can include apologies, restitution, counseling services and peer support groups if needed

By taking these steps, we can work towards creating a school environment where every student feels valued, respected, and safe.

Let's commit to making our school a place where diversity is celebrated, and everyone can thrive.

Sports News

“I have failed over and over again in my life and that is why I succeed.”—Michael Jordan

Basketball is in full swing for our SD58 sports of the month. Playdates have been happening at various schools on Wednesdays and Thursdays. The playdates are after school and it has been great to see all the students playing basketball, learning about game play, having fun and getting a great work-out too! A huge thanks to our coaches Ms. Liz, Ms. McVicar and Mr. Bergmann. They put so much time coaching the NC teams. Your time and enthusiasm is much appreciated. The Basketball Tournaments will be held on February 11th and 12th. The Boys Tournament will be on the 11th at CMS (possible second venue as well) and the Girls will play on the 12th at CMS. The Tournaments will run from 9:15-2:15 so come out and cheer on the NC teams.

Students have been asking when Handball will start! Handball starts in February with playdates starting February 19th. Handball Tournaments are planned for March 12th and 13th. Handball is only for the grade 4's and 5's, but grade 6 and 7 students are welcome to come and ref some games.

Students from Division 4-7 have been enjoying skating on Wednesday's in February. It's always amazing to see how much they learn in just three sessions of skating. It takes perseverance and hard work to get up on skates and try again. Way to skate NC! Thanks to all the teachers and parents who help to tie up so many skates at once.

We will see you on the Basketball or Handball court soon.

Ms. Nelson-Smith

Indigenous Student Advocate - Elizabeth Phillips

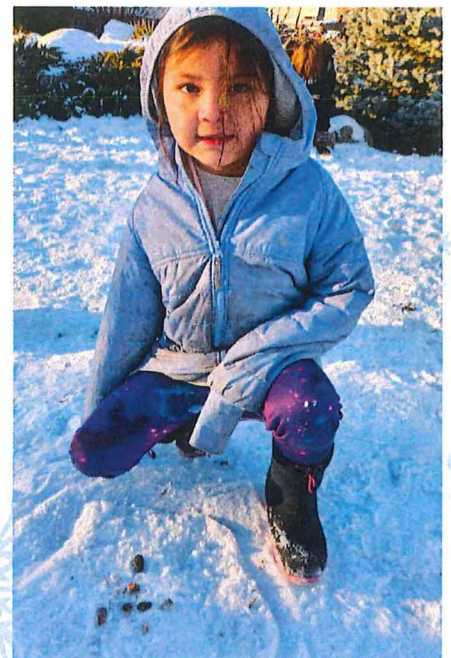
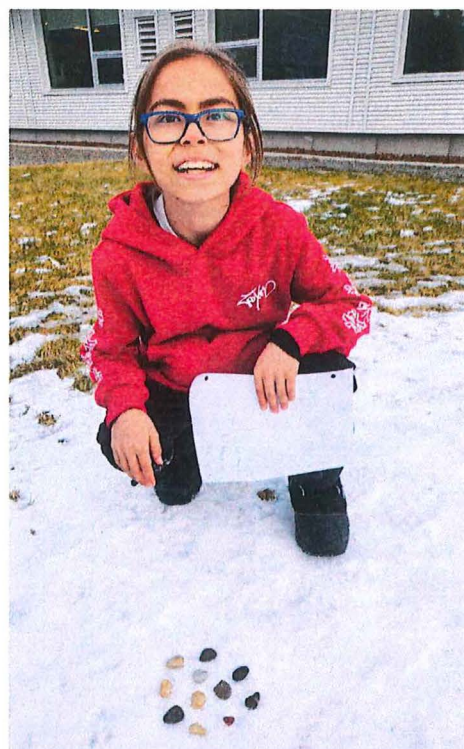
ephillips@365.sd158.bc.ca

Heñte? kp, Hello All

Happy New Year. I hope the Winter Break was filled with fun and happiness. These first few weeks back have been very busy.

I facilitated creating Spirit Houses and doing traditional goal-setting for the season with most of our students.

I have also been helping coach both girls' and boys' basketball teams this season. They've done so well in our first couple of games and continue to improve with each practice. I'm looking forward to the remainder of the season.

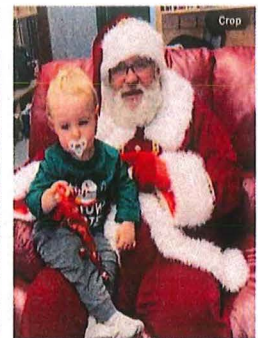


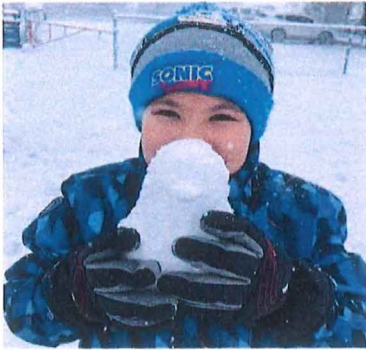


**December 2024
Ms. Fosbery's Div 7**

New Christmas Socks

*December 2024
StrongStart had a visit
from Santa*





FUN IN
THE SNOW

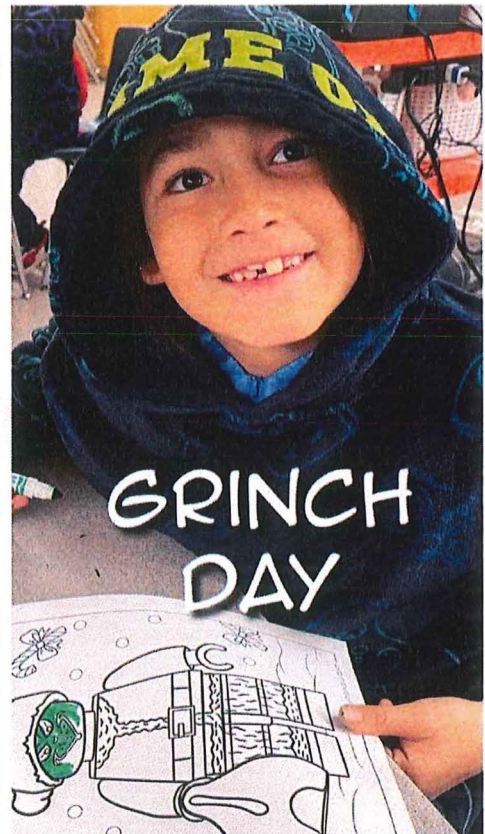


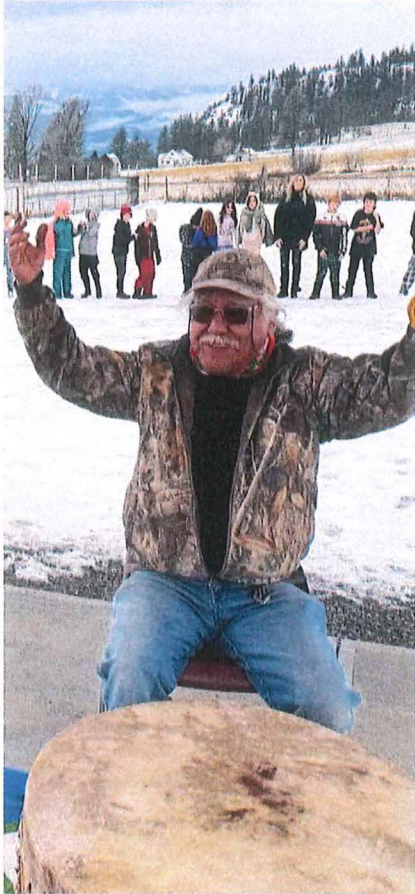
December 2024

Mrs. Weatherbie –
Div 5

Fun in the Snow!!

December 2024
Mrs. Weatherbie—
Div 5
Grinch Day





Friendship
Dance



December 2024

Winter Solstice

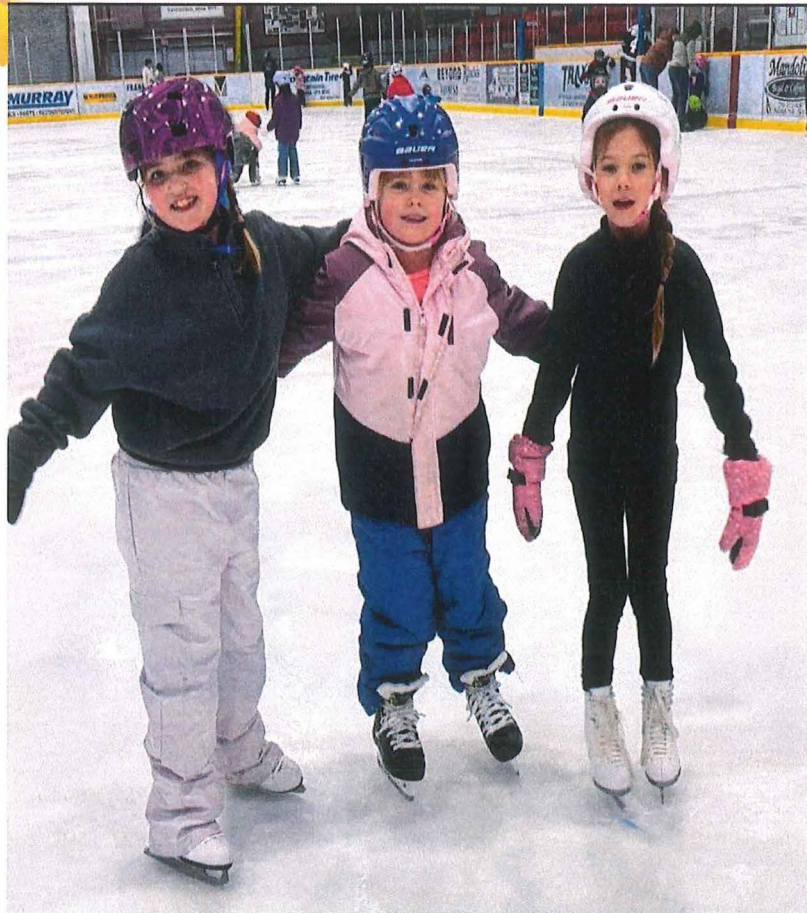
Friendship Dance

*December 2024
Ms Fosbery – Div 7
Kindergarten
Gingerbread Mayhem*



KINDERGARTEN GINGERBREAD MAYHEM

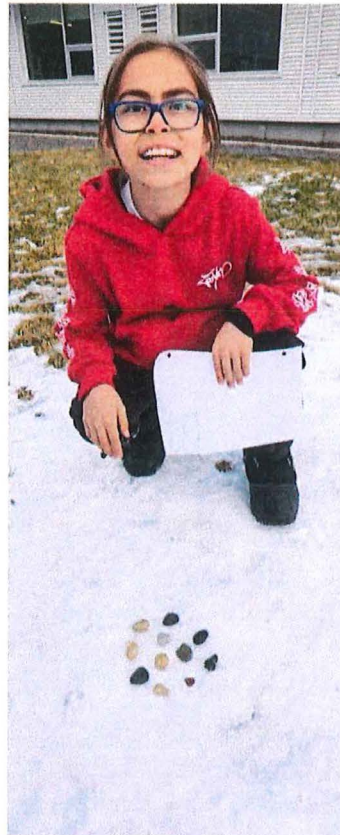




January 15, 2025

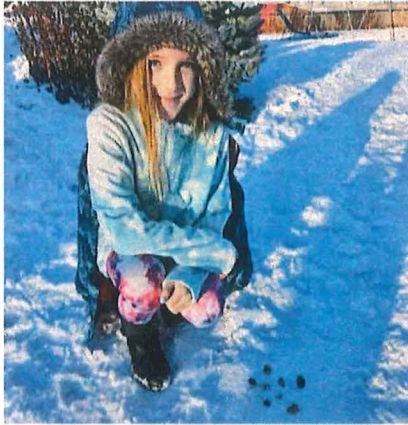
**Primary Skating
at the Merritt
Arena**

*January 2025
Mrs. Thormoset —
Div 2
Traditional
Goal Setting*



**TRADITIONAL
GOAL SETTING**

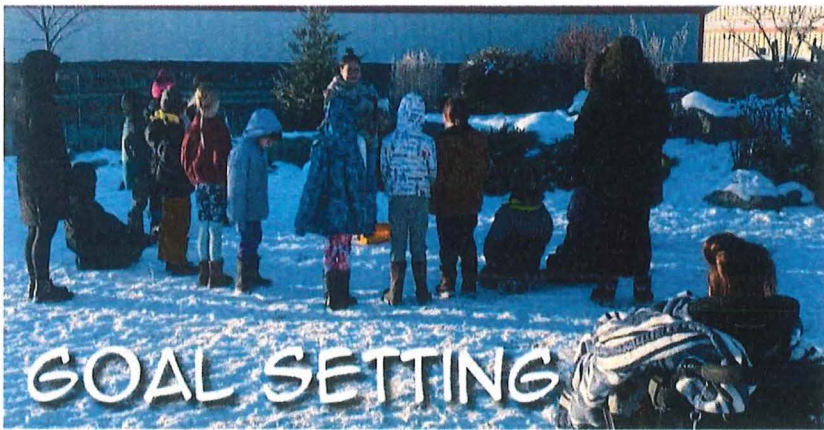




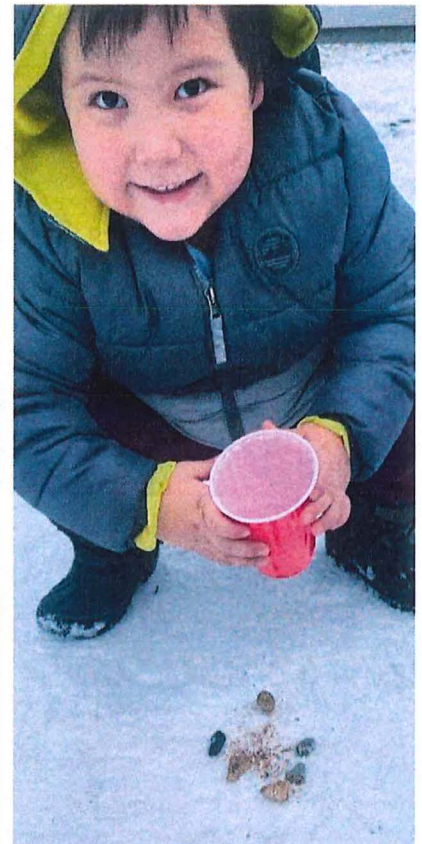
January 2025

**Mrs. Nadolny -
Div 4**

**Traditional
Goal Setting**



*January 2025
Ms. Cunningham —
Div 6
Traditional
Goal Setting*

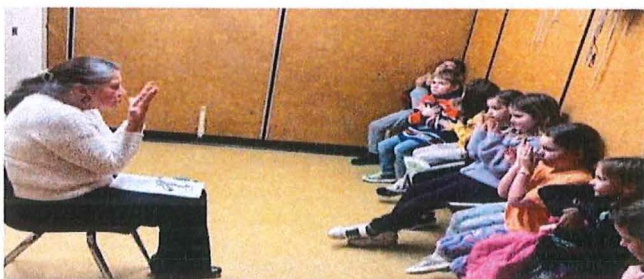
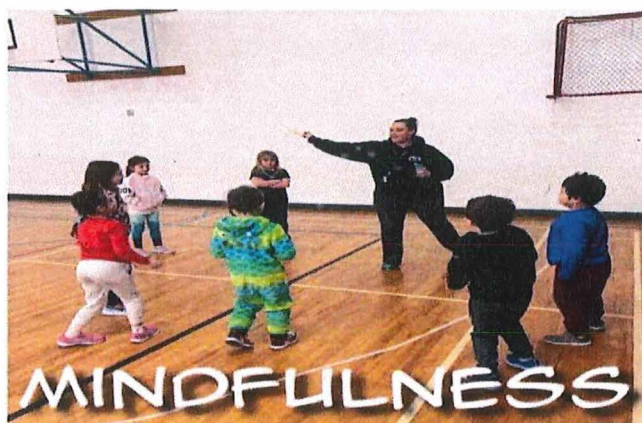


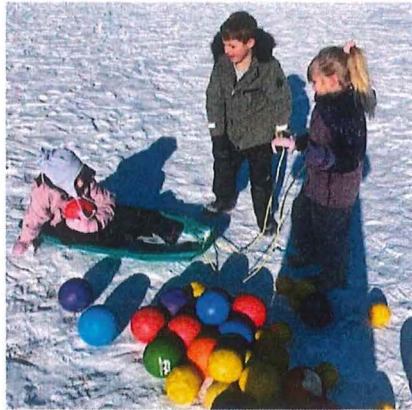
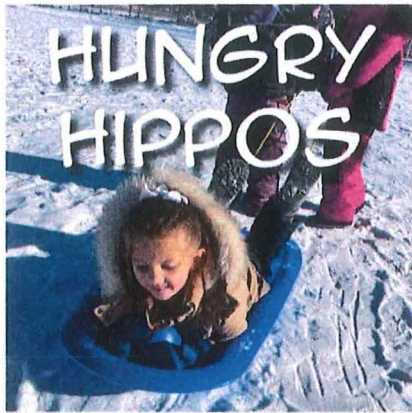


January 16, 2025

It was great having Scw'exmx Community Health Society Services come to our school and facilitate the teaching of some harm reduction and wellness strategies for kids.

Our students got to go through a number of stations and learn about affirmations, breathing, emotions and so much more!





January 2025

Physical Literacy activities in the snow with Mrs. Nelson-Smith

Roots of Empathy Baby

Our K/i's got to see Baby Rylee roll over!!



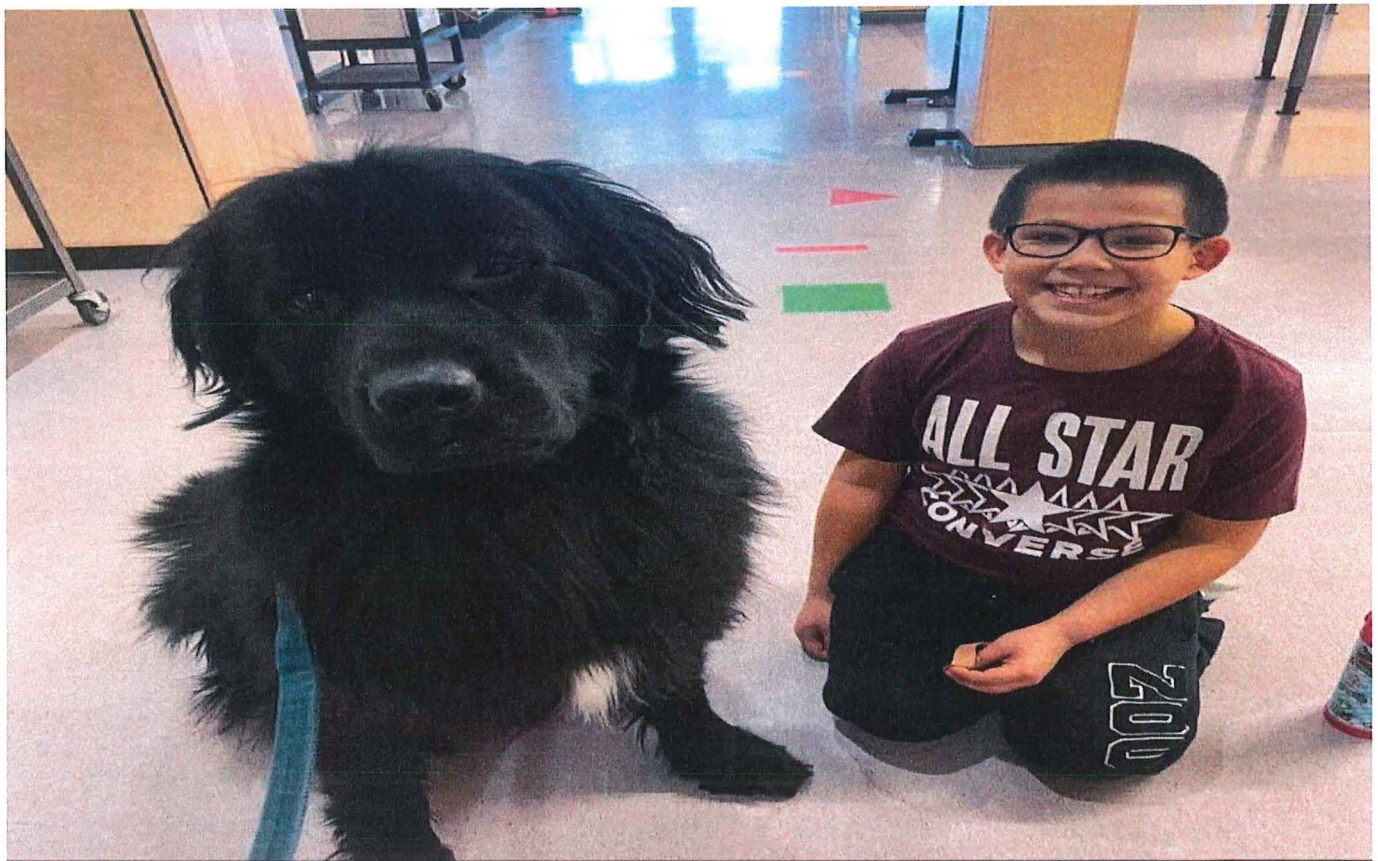
BABY RYLEE





January 2025

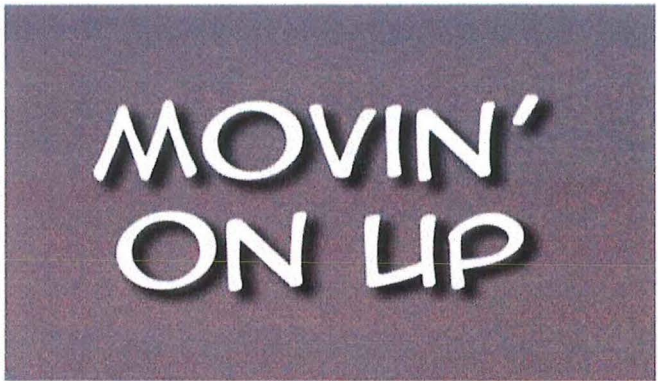
**We are thankful to
have our good
friend Grimm
supporting the
staff and students
at
Nicola Canford!!**





Nicola Canford students and staff had to say goodbye to Mrs. McIvor. Mrs. McIvor has been teaching at Nicola Canford for almost 30 years and was a student here before that. Although we are sad to see her go, we are happy for her as she takes on the role of District Principal of Indigenous Education.

Congratulations Mrs. McIvor!!!!




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



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

WISDOM


xəʎstém



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

HUMILITY


ʔes kiyeʔstém



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

RESPECT

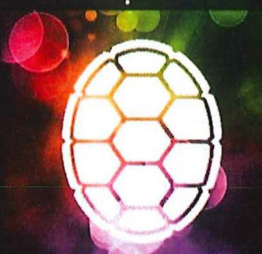
tíʔtax̣ẉscút



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

HONESTY

tíʔtax̣ẉstém



ʔəʎsiḳ • turtle • tortue
 WE WISDOM HARD
 TO BE THE BEST VERSIONS OF OURSELVES

TRUTH