



# NICOLA CANFORD NEWS

SCHOOL POPULATION 136

November 2024

NOVEMBER 2024

## VOLLEYBALL



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

### Dates to Remember

- December 12 -Christmas Concert – doors open at 1:00 pm
- December 16—Christmas Bonanza
- December 20—Last day of school before Winter Break
- January 6—School reopens and PAC Meeting at 6:30 pm

### 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.



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





# FRIDAYS ARE SCHOOL SPIRIT DAYS!!!!

## STRONGSTART EARLY LEARNING CENTER

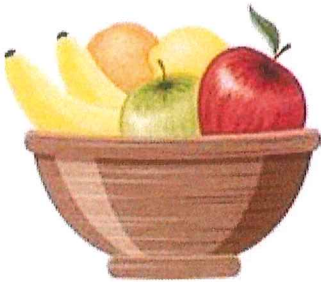
StrongStart is a free, drop in, play based. early learning program for children birth to five years old and their parents/caregivers.

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](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 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

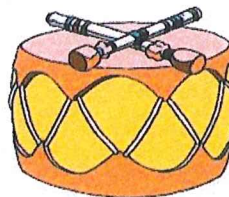
x<sup>w</sup>u<sup>y</sup> xeʔe  
tək<sup>w</sup>míntm

**Means:**

**We will remember**

## First Nations Activities & Events

Drumming with Mr. Joe on Tuesday's at  
lunch



## Principal's Report – November 2024

### Simple Support For Student Success

One of the biggest challenges we face in educating children is their “**readiness**” for learning. Many times it is a student’s “**unreadiness**” when they arrive at school that most impacts their learning and the learning of others. Many things can impact this “**readiness factor**”. Things like breakfast, health, emotional disturbance and sleep all impact a students “**readiness factor**”.

In the past few years, **technology** has become a significant factor impacting student readiness. There are more televisions, gaming consoles, tablets and smartphones in kids rooms than at any other time in history. Almost 72 percent of young people between 6 and 17 years old have at least one electronic device in their bedroom, according to a National Sleep Foundation survey.

Devices like tablets, smartphones and video games can prevent children and teens from falling asleep, which can have a negative effect on their school performance. Even if kids are not using them, backlit electronics can interfere with a good night's sleep, the experts said. "The burst of light from a phone [even if it's just to check the time] can break a sleep cycle," Dr. Jill Creighton, an assistant professor of pediatrics at Stony Brook, said in a university news release. "A regular alarm clock is best," she added.

**It is critical that we do not let our children use these powerfully addictive devices in their rooms at night.** Falling asleep with a television is bad enough. Smartphones and tablets represent a greater threat to quality sleep for children and teens, for several reasons:

1. Both the proximity to the face and the emission of blue-white light from a tablet or smartphone make these devices more likely to suppress melatonin, resulting in insomnia and later sleep onset.
2. Most apps (video games and social media especially) are designed to give you inconsistent reinforcement, like slot machines. Every app on your phone is competing for your attention, and the best way for them to get it is to make you addicted to checking it.
3. Kids who leave these devices on during the night sleep up to one hour less on average each night.

There are some steps parents and caregivers can take to help kids "unplug" at night and get a good night's sleep.

1. **Establish a bedtime routine:** Consistently taking a bath, reading a book or listening to soothing music before bed will help your child relax and go to sleep.
2. **Turn electronics off:** One hour before bedtime, all electronic devices should be turned off. It's a good idea to have kids plug in electronic devices at a specific charging station that is not in the bed room. No devices should be brought into their room at night.
3. **Gradually decrease screen-time:** Kids who do not want to turn off their electronics at night should decrease their use of these devices over time. Reduce screen time by 30 minutes or more each week until you reach your goal. A good rule of thumb is try to limit recreational screen time to 60 minutes every day. And for every 30 minutes of screen time, make sure your kids get 30 minutes of physical activity.
4. **Lead by example:** When it comes to screen-time, it's also important for parents to be a good role model.



# Indigenous Student Advocate - Elizabeth Phillips

[ephillips@365.sd58.bc.ca](mailto:ephillips@365.sd58.bc.ca)

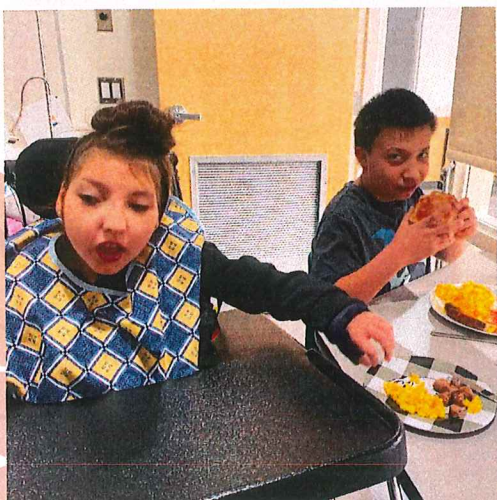
Heñte? kp, Hello All,

It has been a busy school year thus far. I am enjoying working with all the students and staff.

I was happy to join the grade 2/3 class during their Identity, Belonging and Culture unit and do some bannock making.

Ms. Hendricksen and I had a breakfast club morning, where some of our students helped make breakfast for friends. Using the eggs that they collected from our chickens.

I look forward to the last few weeks before Winter Break. I hope everyone has a safe, and fun Break.





# Sports News

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**“Volleyball is a game of heart and mind, where mental strength spikes.”—*Anonymous***

Volleyball has been our main focus over the past month. With playdates happening and then our big Volleyball Round Robin Tournament on November 28<sup>th</sup>. The rallies that were happening at the Tournament were amazing! Everyone was commenting on how much the skills have improved in just over a month. We are excited to say that Volleyball is very popular, and we hope that our students keep playing and enjoying Volleyball. We hope to see our younger students join again next year and we encourage our grade 7 students to join Volleyball at the high school level. Your skills and courage have grown so much!

A huge thank you goes out to our coaches Ms. Fosbery and Ms. Lafferty for coaching our NC teams and taking the time to help at practices and the games. Thank you! Thanks to all our parents who come to cheer on our teams and help to transport our players to the games.

Elementary sports will take a break for the month of December, but we will be back with Basketball starting up in January. And yes, Handball will start in February for the grade 4/5 students. 😊

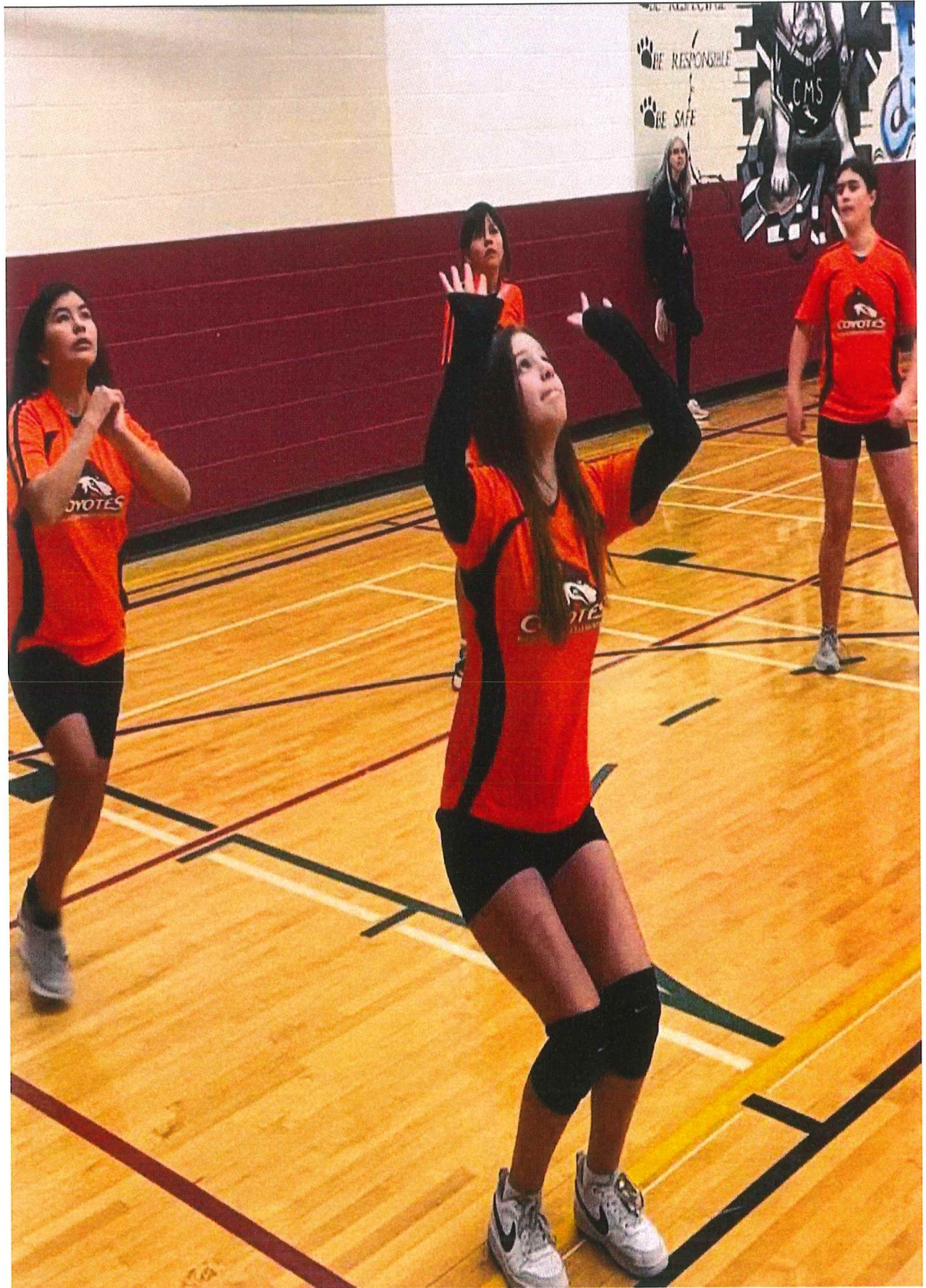
Have a great winter break and see you on the Basketball court in January!

*Ms. Nelson-Smith*

















## BREAKFAST CLUB

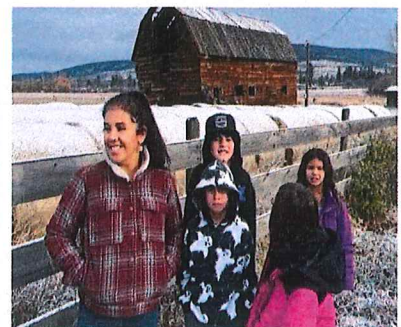
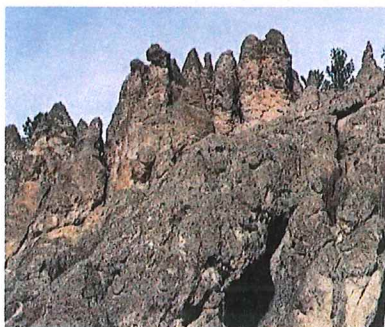


Ms. Hendriksen and Ms. Phillips had a team of helpers who made breakfast for some friends using the eggs they collected from our chickens

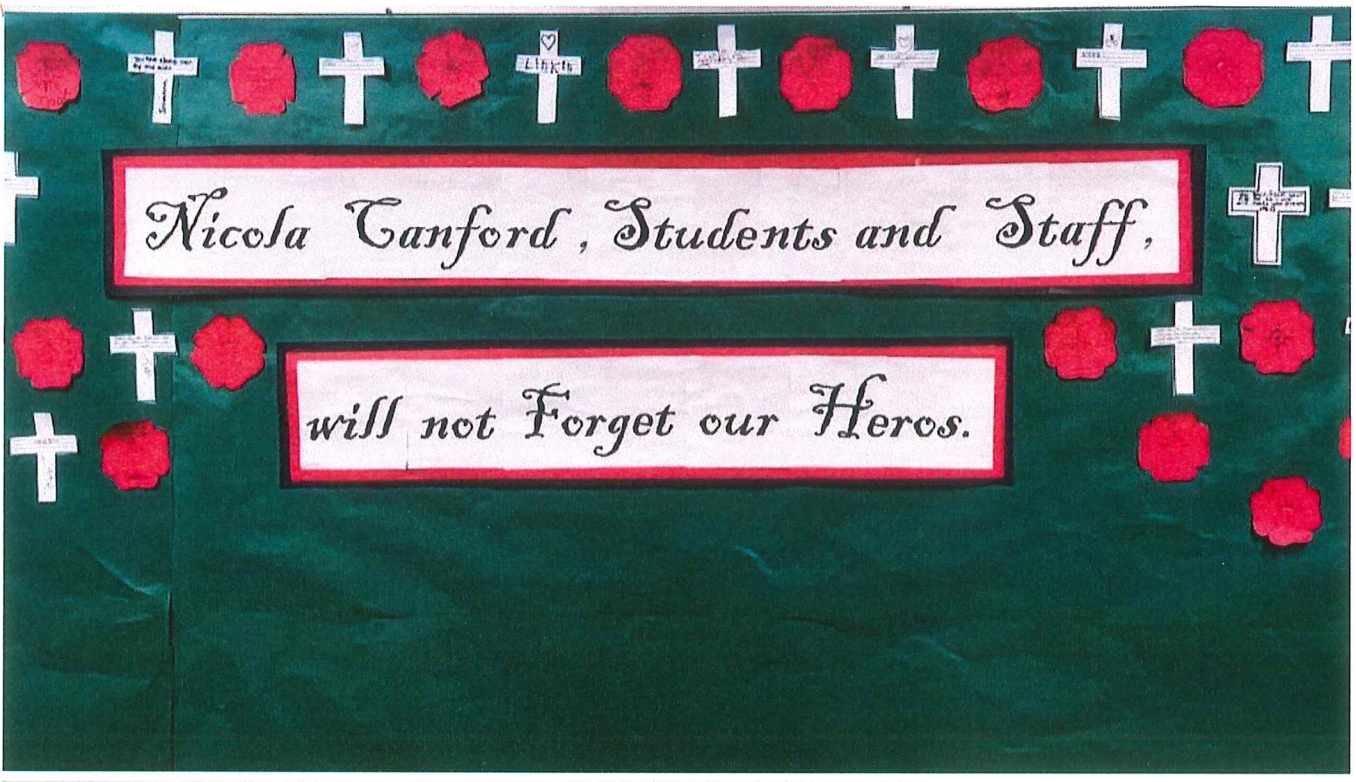


## TRANSFORMER ROCKS

*Our Primary Enrichment class were out on the land and visited the transformer rocks down the road from our school. They got to hear the traditional coyote stories associated with these rocks*







*Remembrance  
Day  
November 11, 2024*



November 28th

*Happy 2nd  
Birthday  
Grimm!!*





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

xəłstém

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 TELL THE TRUTH  
 SO THAT LIES DO NOT SHAPE OUR CHARACTER

HONESTY

tíʔtax̣ẉstém

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

TRUTH