

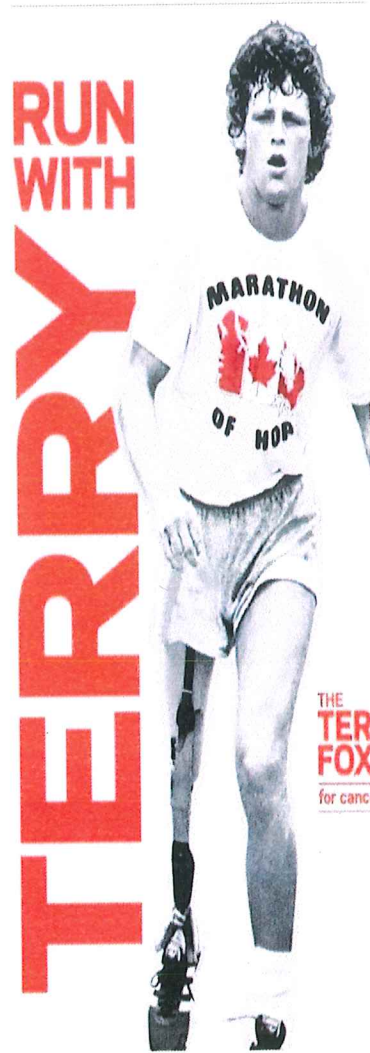


# NICOLA CANFORD NEWS

SCHOOL POPULATION 137

October 2024

# OCTOBER 2024



## 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 4th  
@ 6:30 pm in  
the library**

### 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 we would be happy to help.



**Thank-you to Agriculture  
Canada for the healthy Fruit &  
Vegetable donations to the  
School :)**



Word  
of the  
MONTH

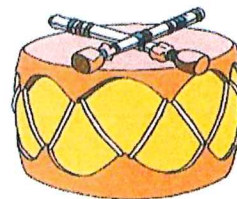
**†wey̓st**

**Means:**

**Fall or Autumn**

### First Nations Activities & Events

Drumming with Mr. Joe on Wednesday's at  
lunch



## October Principal's report

We have made it to the end of October and are on to post Halloween snacking! With the abundance of treats and sweets this season brings, we want to gently remind everyone about the importance of providing balanced, nutritious lunches and snacks for our students.

Why it Matters: Healthy eating is crucial for your child's physical and cognitive development. Nutrient-rich meals help maintain energy levels, improve concentration, and support overall well-being, allowing your child to thrive academically and socially.

### **What to Include:**

- **Fruits and Vegetables:** Incorporate a rainbow of colors for a variety of vitamins and minerals. Fresh, frozen, or dried options are all great.
- **Whole Grains:** Choose whole grain bread, rice, and cereals for sustained energy.
- **Protein:** Lean meats, beans, eggs, and nuts are excellent for keeping your child full and focused.
- **Dairy:** Low-fat options like milk, cheese, and yogurt are beneficial for bone health.

### **Healthy Snack Ideas:**

- Fresh fruit slices or a handful of berries
- Veggie sticks with hummus
- Whole-grain crackers with cheese
- Yogurt with a sprinkle of granola

**Hydration:** Always pack a water bottle. Staying hydrated is key to maintaining concentration and energy.

**Avoid:** Limit sugary snacks, sodas, and highly processed foods. These can cause energy spikes and crashes, impacting your child's ability to focus and manage their own behaviour.

We appreciate your continued efforts in promoting a healthy lifestyle for our students. Let's work together to ensure they receive the nutrients they need to succeed both in and out of the classroom.

# Sports News

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**“Teamwork: Alone we can do so little, together we can do so much.”**—*Anonymous*

Teamwork was exactly what our NC Sash Race Teams showed on October 23<sup>rd</sup>! Our teams did exceptionally well, and each runner had personal best times. A special congratulations to our NC team who came out with the best overall time.

The students enjoyed many cross-country runs this Fall including hosting a run at NC using the new pathway. Our runners also had a great time at the NVIT run that took them through some rocks and hills. Way to show perseverance runners! Cross-country running events are finished for the season as the weather will soon turn colder, but we were very lucky with the weather for this year.

Volleyball is starting up and playdates will be held after school at the old CMS gym. Please remember to enter from the side doors and to bring indoor shoes. Most playdates are on Wednesdays and Thursdays but be sure to check the schedule! Listen for practices and the Volleyball Tournament is set for November 28<sup>th</sup>.

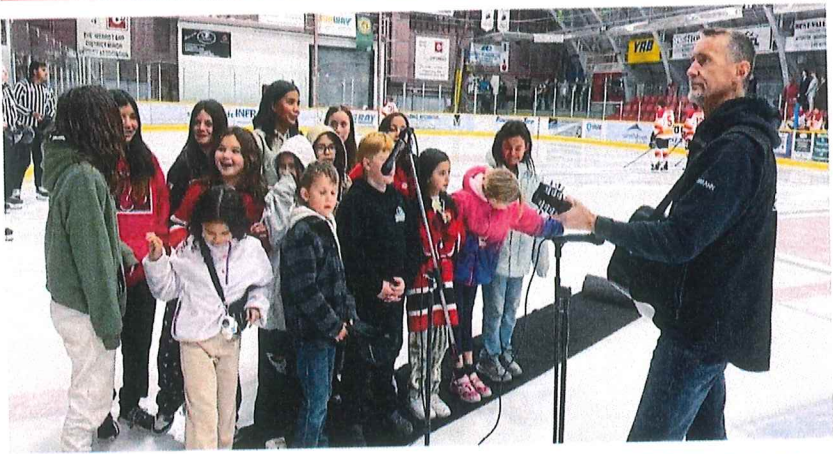
We would like to say a big thank you to everyone who donated and ran for the Terry Fox run on October 4<sup>th</sup>. Nicola-Canford raised \$379.16. Thank you so much!

We will see you at Volleyball!

*Ms. Nelson-Smith*

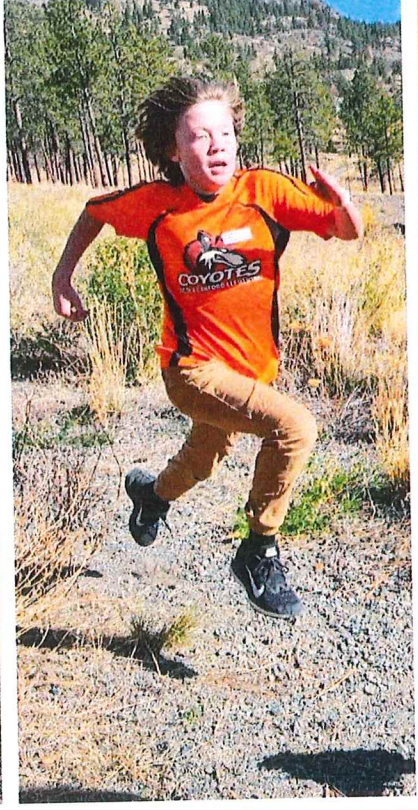
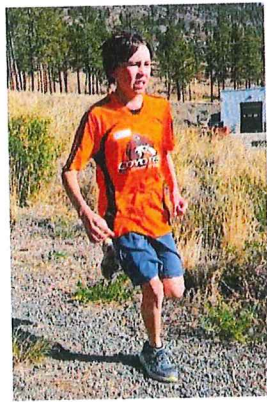
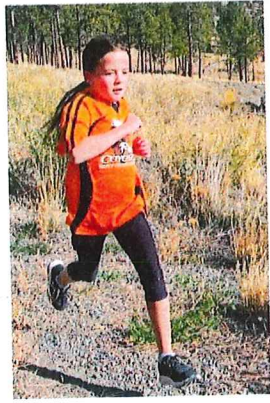


# CANADIAN PASTIME



*Students  
supporting the  
Merritt Centennials  
Open the game singing  
the national anthem*

## *Cross Country Run At NVIT*

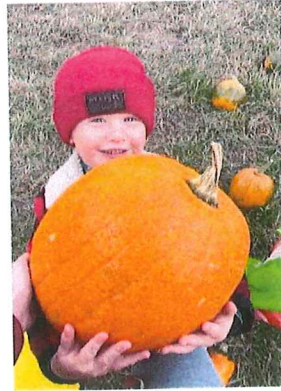
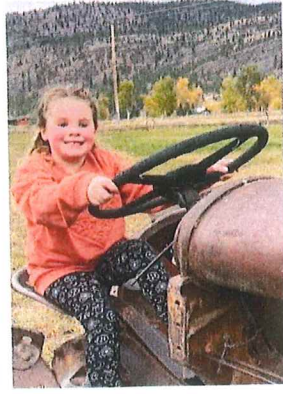


CROSS COUNTRY RUN

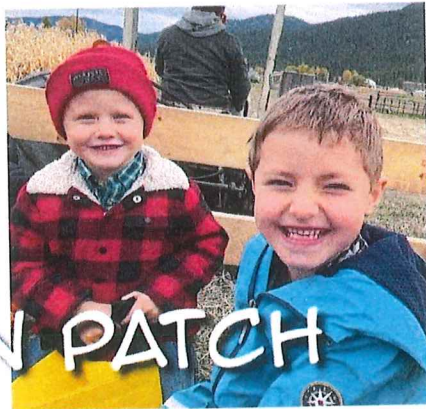


# HALLOWEEN





*Ms. Fosbery  
Kindergarten/Gr 1  
Pumpkin Patch  
Trip*



**PUMPKIN PATCH**

*Kindergarten/ Grade 1*



**PAINTING  
FEET  
WITH  
MRS.  
KOSSINN**



# Content for Parent Newsletters

## HEALTH PROMOTING SCHOOLS

October 2024

### MENTAL HEALTH

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**ADHD Education Day (virtual)** Hosted By The Provincial ADHD Clinic

**Friday, October 18, 2024 – 9:00 am to 3:00 pm**  
via Zoom Videoconferencing

**To attend Virtually, register via Zoom:**

[https://phsa.zoom.us/webinar/register/WN\\_TTUM8b\\_IQPyNwMpjJ42Hqg](https://phsa.zoom.us/webinar/register/WN_TTUM8b_IQPyNwMpjJ42Hqg)

**You must register to attend virtually. Registration is FREE.**



Please Contact Joerg Taylor-Philippin at [adhdc@cw.bc.ca](mailto:adhdc@cw.bc.ca)  
or 604-875-2345 (ext. 2081) if you have any questions.

### PHYSICAL LITERACY

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#### Learning Resources and Education Opportunities

**Land-Based Fitness with Alana Cook (webinar) October 22, 2024 at 10am**

Land-based fitness is a blueprint for using Land-based exercise and holistic teachings to connect to traditional activities, improve health, and explore the world around us. This workshop is for everyone who would like to learn more ways to enjoy functional (and fun!) movement. Wear comfortable clothing as we will be moving our bodies with this webinar! Even if you can't attend, register to receive the recording so you can follow along later!

#### **RISE Individual Grants**

RISE Grants support ALL Children and Youth in and out of Care (under the age of 27) who wish to participate in a sport, physical activity, recreation, and/or cultural program opportunity. Up to \$1000 per calendar year can be put towards program cost, equipment and travel.

Application Deadline: Ongoing



**I-SPARC**  
Move | Play | Compete

Indigenous Sport,  
Physical Activity &  
Recreation Council





yémyəmt

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

**LOVE**

zu?zu?scút

spé?ec • bear • ours  
 WE DO WHAT IS RIGHT, EVEN WHEN IT IS HARD

**COURAGE**

yəxmstés

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

**WISDOM**

xəłstém

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

**HUMILITY**

?es kiye?stém

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

**RESPECT**

tí?tax<sup>w</sup>scút

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

**HONESTY**

tí?tax<sup>w</sup>stém

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

**TRUTH**