



NICOLA CANFORD NEWS

SCHOOL POPULATION 137

September 2024

WELCOME BACK TO SCHOOL




SEPTEMBER 2024

We are now sending our Hot lunch menus to you through email. You can order your child's lunch online:

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 and we would be happy to help.




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 October 7th @ 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



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

Word of the MONTH

K'e'ce?

Means:

Labrador Tea

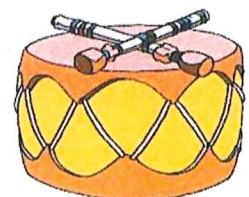
First Nations Activities & Events

September 23 -

Ms. McIvor's Div 1 & 2 language class had a field trip to Sunset Main for Kece Tea picking

September 27 -

The entire school participated in the Orange shirt walk in Shulus



Principal's Message -September 2024

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.

Sports News

“Run often, run far but never outrun your joy of running”——

Anonymous

Welcome back everyone and welcome back to sports. We have started with cross-country running for the month of September and October. It was great to see so many runners out for the first run at Central Park. It was raining, but great running weather. Thanks to Ms. McIvor, Ms. Liz and Mr. Bergmann for organizing all the runners. The next run is at Merritt Central Elementary School or otherwise known as the river run. There is also a tentative run scheduled for October 17th at NVIT for intermediate students. There will also be the ever exiting Sash Race for certain students who are on a race team for NC.

Nicola-Canford is holding their Terry Fox Run this Friday October 4th at 11:00 am. Everyone is welcome to join. We will meet on the school field at 11:00 and make our way up to Smith Pioneer Park. The theme of the run this year is “No Matter What”. Please bring donations for the Terry Fox Foundation to the school or you can also donate online through the NC school webpage. Thank you for your support.

For October and November, the district will be running Volleyball for the intermediate students. Stay tuned for more information and listen for when practices will be held.

We will see you at a run soon!

Ms. Nelson-Smith

INDIGENOUS STUDENT ADVOCATE

MISS. ELIZABETH

Email: ephillips@365.sd58.bc.ca

SEPTEMBER
2024

Heñte? kp, Hello All

he nsk^west ncewe? Elizabeth Phillips.

Hello all, my name is Elizabeth Phillips. tuł łáəmcin kn, I am from Lytton First Nation.

I am so excited and honoured to be back at Nicola-Canford for the school year 2024-2025 as the Indigenous Student Advocate.

I would like to welcome all the students and their families to another school year. And hope that the Summer Break was enjoyed by all.

I've had a busy start to the school year already, getting into the routine again, visiting the classrooms, and a few field trips already! I got to go with the Intermediate Language classes for Kece? (Labrador) Tea picking, as well go with our Cross-Country team for their first event hosted at Central Park.

I look forward to working alongside the students and staff, learning and growing throughout the school year. I also look forward to the activities and events I will get to be a part of.

If you have any questions please reach out. The Welcome Room is always open for a visit as well!

Huñet - Good-bye, ye xe meł - Be well



BUBBLE SCIENCE

September 9, 2024

Division 6

Bubble Science with

Ms. Dreger

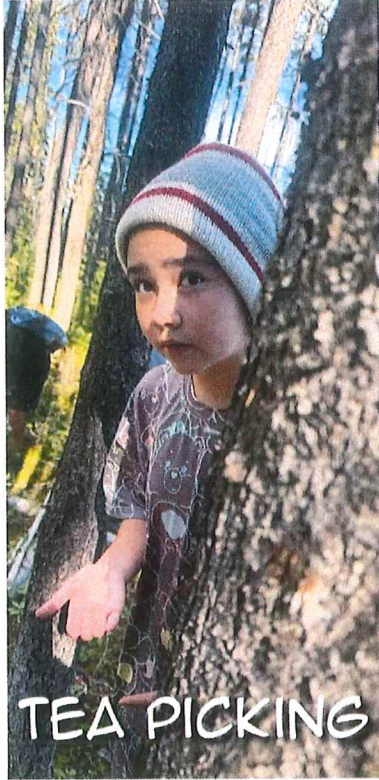
September 25, 2024

Cross Country Run

at Central Park



CROSS COUNTRY RUN



September 23, 2024

Division 1 & 2

Language Class went

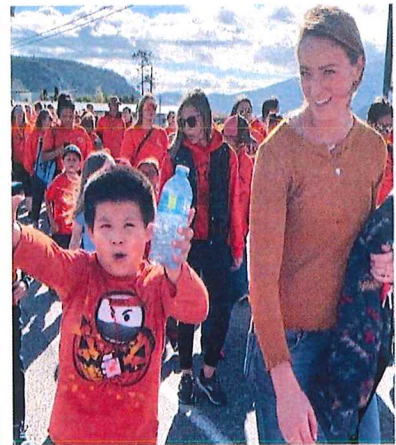
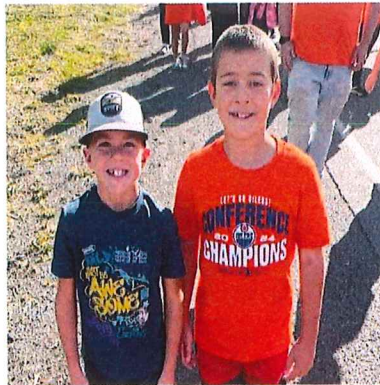
Tea Picking at

Sunset Main

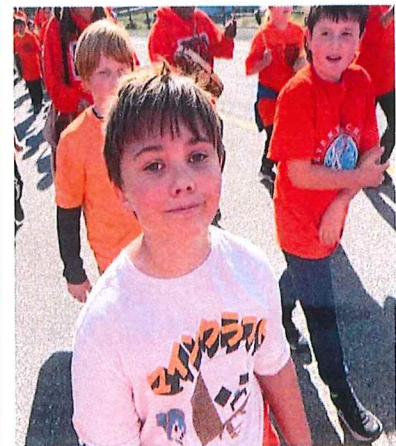
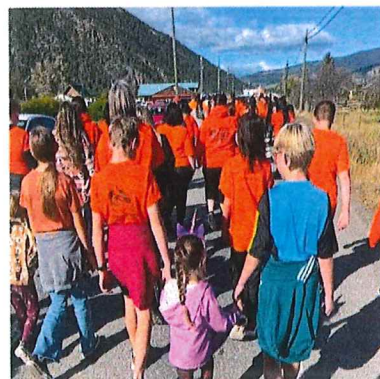
September 27 2024

LNIB Orange

Shirt Walk



LNIB MARCH



Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

September 2024

DENTAL HEALTH

Oral Health Tips for the School Year

As the school year begins, it is a great time to encourage students to maintain healthy teeth and gums. Establishing good oral health habits early can benefit them for a lifetime and improve your student's overall health and wellbeing. Below are simple reminders to keep in mind:

- **Encourage Hydration:** Remind students to drink water throughout the day.
- **Limit Snacking:** Advise students to reserve snack for recess and lunch time.
- **Promote Healthy Snack Choices:** Educate students about nutritious snack options.
- **Reinforce Oral Hygiene Habits and Routines:** Emphasize the importance of brushing for 2 minutes, 2 times a day.



IMMUNIZATION

BC Centre for Disease Control CARD System for Vaccination-A Resource for School Immunizations

This year immunizations provided in school will be offered along side the CARD System. The CARD System, which stands for comfort, ask, relax and distract, provides strategies students can use before and during the immunization to make the experience more positive. The system includes videos, handouts, and activities students can use to help prepare for immunizations. Information for school staff, parents and students can be found here: [CARD System for Vaccination](#).

A graphic titled "IMPROVING THE VACCINATION EXPERIENCE: Learn how to play your CARDS". It features four cards: "COMFORT: Find ways to get comfortable." with a girl icon; "ASK: Ask questions to be prepared." with a boy icon; "RELAX: Keep yourself calm." with a girl icon; and "DISTRACT: Turn your attention to something else." with a girl icon. A red arrow points to a "Download PDF" button. Below the cards, there is a paragraph: "The CARD system (Comfort, Ask, Relax, Distract) provides groups of strategies that can be used to make your next COVID-19 experience a more positive one. Choose what CARDS you want to play to reduce the stress and pain associated with vaccination. There's no wrong move. Look on the back for ideas." At the bottom, there are logos for the Government of British Columbia, Health Services, BC Centre for Disease Control, and Health Services.

LEGAL SUBSTANCES

Seeking new YOUTHWISE members!

The Legal Substances Team is seeking new youth members to join the YOUTHWISE Teen Advisory Council. This group helps to shape and guide youth-focused health and wellbeing services and programs offered in the IH region. The group meets virtually once every 6-8 weeks, and provides a safe space where members are able to share their personal experiences around substance use and other health-related issues. All students aged 13-19 are welcome to join!



Students are paid **\$25/hr** for their participation efforts. Interested teachers, parents, or students can connect with the team at LegalSubstances@interiorhealth.ca for more information.

UBC EPAV Project Opportunity



On Sunday, September 29th from 9:30am-4:30pm, UBC is hosting an in-person workshop in the Kelowna Landmark District for any students in grades 9-12. The purpose of the workshop is to learn about youth experiences around vaping, and will include opportunities to create impactful vaping prevention messaging for social media platforms that could be shared with other students Canada-wide!

Youth who participate will be compensated with a **\$200 gift card**, and will be provided with **lunch, snacks**, along with tons of **prizes** and **swag** on the day. For any questions or to register for the workshop, visit www.epavproject.com, or connect with Dr. Laura Struik (Lead Researcher) at laura.struik@ubc.ca.

SLEEP

Promoting Good Sleep Habits

Summertime provides a wonderful opportunity for families to spend quality time together; taking holidays or enjoying the local parks and community events. It can, however, disrupt sleep routines that can make it difficult when it is time to head back to school. For sleep tips see this [Back to School Sleep Routines](#) resource on the IH Public Website along with other resources under the Sleep section on the website here: [Promoting Health of Children & Youth in School](#).

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

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

WISDOM

xəłstém

sqáwm • 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^wscút

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

HONESTY

tí?tax^wstém

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

TRUTH