

Lynnmour/Xá7elcha

January 20th, 2023

We would like to acknowledge and thank the long time stewards of this land, the Coast Salish people whose traditional territory North Vancouver School District resides on. At Lynnmour/Xá7elcha we are grateful to the Skwxwú7mesh and səliłwətał with whom we share this beautiful land we live, learn and grow on together.

Salmon Welcoming

We were privileged to have Swalklanexw join us to properly welcome our salmon eggs on Thursday this week. He shared the story of the salmon people and why salmon are so important to the Squamish people. Students had the opportunity to ask questions and brush the salmon tank with cedar to encourage long, healthy lives for the salmon as they begin their life cycle with us.



Black History Month - February

North Vancouver School District schools honoured Black Excellence Day on January 13. As a lead up to Black History Month (February) this is a day to celebrate and learn about Black stories, art, and people. Learning about contributions of Black Canadians and the ongoing struggles of equity

and systemic racism in our society. Hidden bias surrounds us and without each of us taking time to deeply self-reflect and intentionally learn, things will not change. We know that there is a long way to go, however with commitment and intentionality in learning, we can all make a difference.

To support community learning, one of our families sent us two important resources that are accessible to everyone.

One being a short documentary called "[Secret Vancouver- Return to Hogan's Alley](#)"

The second resource is a book titled: "[Go Do Some Great Thing: The Black Pioneers of British Columbia](#)" by Crawford Kilian ([book review here](#))

Lunar New Year

Classes around Lynnmour/Xá7elcha celebrated the upcoming Lunar New Year in classes this week. Many classes made lanterns, prints, practised character writing and shared stories about celebrations, and the year of the Rabbit. Thank you to Mr Best for your organizing and expertise in supporting various classes this week. We wish every celebrating Lunar New Year this weekend a prosperous and Happy New Year!



Grade 7 fundraising

It is that time of year when we begin to promote our Grade 7 fundraising efforts. As it is the end of their 8 years in elementary school and they are hoping to celebrate with a couple of fun events.

Your support is needed to help them achieve this! Please consider supporting the two initiatives:

Bottle Drive - This Saturday (tomorrow) bring your recyclables to Lynnmour!

Time 12-2 pm

Also a Grade 7 fundraiser and just in time to get ready for BBQ season.... Log into [Munch a lunch](#) to order the **DELICIOUS Stapleton Sausages** that were featured at our welcome back BBQ in September. Orders only open until Feb 5th for a mid Feb pick up at Lynnmour.



HELP SUPPORT
GRADE 7's ACTIVITIES

BOTTLE DRIVE

SATURDAY
JANUARY 21, 2023
12pm - 2pm

DROP-OFF YOUR EMPTIES AT THE FRONT OF
LYNNMOUR ELEMENTARY SCHOOL
800 Forsman Ave, North Vancouver

Thank You!
for your support.

A graphic for the Bottle Drive featuring a blue car with a stack of various plastic bottles (water, soda) on its roof. A 'Return-It' logo is also present.

Recycle & Donate!

Help Support Grade 7
at Lynn timer Elementary

Jan 21 (SAT) 12pm - 2pm

Drop off your bottle at the front of
Lynn timer Elementary School
800 Forsman Ave, North Vancouver

A graphic for the Recycle & Donate event featuring a blue recycling symbol and a 'Return-It' logo.

Band and Strings Registration is open for 23-24

The Elementary Band and Strings Program is a unique instrumental music program that is distinctive to the North Vancouver School District. We are so lucky to have band at Lynn timer and we hope to see it grow!

The program complements the BC Ministry of Education's Arts Education curriculum and provides school-based instrumental ensemble instruction to students in the intermediate grades (Grades 5 - 7 for Band and Grades 4 - 7 for Strings).

Click the following link to [See more information](#)

Pack in, Pack out - helping to reduce waste

In an effort to reduce waste and clean up our area, we are trying to move back to a "pack in, pack out" garbage management that we had established before the covid protocols changed a variety of ways we handled things at school. This means that we encourage families to utilize various reuseable kits to reduce the amount of pre-packaged items that arrive at school and if there is garbage that comes from wrappers, that students pack them back home for recycling considerations. We will be reducing the food that gets taken outside to protect the animals living in our area too. Most classes already utilize a "snack time" either before or after recess, and we are hopeful that in making this switch for everyone that we can reduce the amount of garbage outside on the school grounds.

We appreciate everyone's support with this as it will go a long ways to help our environment!

Kindness Initiative

The hallways are about to get a whole lot "sweeter" around Lynn timer/Xá7elcha! Over the next little while we are trying to catch each other being kind without being asked. We know that there are many great things that happen daily around the school, and we want to try to catch them and celebrate unsolicited acts of kindness around the school!



PARENT INFO Evening Opportunity

[Youth and Vaping Information- Considerations, Impacts:](#)

This evening event will be led by key note speakers: Dr. Milan Khara and Lindsay MacDonald, both of whom have extensive knowledge surrounding the world of youth and vaping. Topics to be discussed will include:

Youth vaping rates, stats, products, industry influence, health impacts including addiction, legalization, BC legislation, and local supports for youth.

Please RSVP as this FREE event will fill up quickly.

We look forward to seeing you there!

Friday Clubs

To kick off the new year, Lynnmour/ᑭᐱ7elcha staff decided to do something a little different to support special interests, socializing and interaction for Friday lunch times. Today was our first "Clubs" day where students could choose from three different activities, or heading outside to enjoy the playground. The three clubs offered today were: Dance Club, Drawing/Colouring Club, and Lego Club. Students had a blast with this new opportunity and many were heard stating "best lunch time ever" as they headed back to their classroom to eat! Thank you to all the staff for organizing and supporting this opportunity for our various learners and their interests!





Important Dates to note - EARLY DISMISSAL WEDNESDAY

Wednesday January 25th - Collaboration Time (**students dismissed at 1:40**)

Friday Feb 17th - District wide Professional Day (Students not in session)

Monday Feb 20th - **Family Day (school closed)**

Wednesday Feb 22 - Pink Shirt Day

Wednesday March 1st - **Early Dismissal 1:40** - Parent/Teacher conferences



Cindy Hudson

Cindy is using Smore to create beautiful newsletters