

# NXCE NEWS



THIS IS AN IMPORTANT NOTICE. PLEASE HAVE IT TRANSLATED

这是重要通知,请找人翻译。 這是重要通知,請找人翻譯。 Ceci est un avis important. Veuillez vous le faire traduire.

Dies ist wichtige Nachricht Bitte lassen Sie sich die folgenden Seiten übersetzen

これは重要なお知らせです。 どなたかに翻訳してもらいましょう。

중요한 공지사항입니다. 이 내용을 번역해 주십시오. Este aviso es muy importante. Pida que alguien se lo traduzca.

Ito ay mahalagang patalastas. Mangyaring ipasalin ito sa inyong wika.

بخواهید این اطلاعیه را برای شما ترجمه کند. این اطلاعیه مهمی است. لطفا از کسی

> Đây là thông báo quan trọng. Xin nhờ người phiên dịch.

### Indigenous Veterans Day & Remembrance Day

On Wednesday, the school community assembled to recognize Indigenous Veterans Day and Remembrance Day. Thank you to Mr. Dallas who led the school in the Coast Salish Anthem, and to Mr. Parr for joining us again this year to share "The Last Post". Students in Grades 6 & 7 also demonstrated leadership by sharing words during the assembly. Once again, Ms. Sonja created an educational bulletin board display to show appreciation for veterans, Indigenous and non-Indigenous, and students created beautiful artwork and written pieces to share how fortunate we are to live where we have peace.



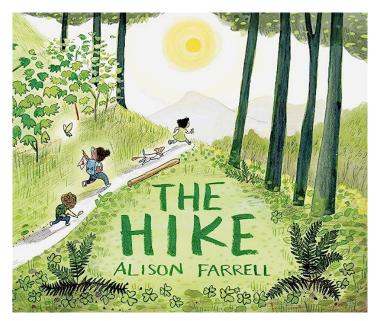
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#### Learner Profile Focus: Knowledgeable



Ms. Birchenall has created another great display to spark students' curiosity, encourage varied ways to become more knowledgeable, and invite students to read to learn. Knowledge is growing and everevolving for each and every one of us and knowledge can come from so many sources and through so many means. What is most important for us to install in children is a love of learning and wanting to know more.

One of the ways I personally have enjoyed building and extending my knowledge is by getting outside. I have had the great fortune and privilege of growing up here in British Columbia, and as a lifelong resident and learner here, I can say that I've learned so much and gained so much appreciation for this place by immersing myself in this environment. Whether you and your children are new to this place, or have lived here for a long time, there is always opportunities to learn more. A picture book I recently purchased for the school that can be used to help your children learn more about the plants and animals that live here, as well as give ideas for ways families can get out and explore the outdoors together to learn about and appreciate the beauty of where we all live. What I



The Hike by Alison Farrell

recommend if you're sharing the online version of the story linked above, is that you pause to look at the illustrations and the names of the plants and animals that are featured in the story, to become more knowledgeable about local species of plants and animals that are indigenous to this region. I also enjoy using the apps called Seek by iNaturalist as well as Merlin Bird ID to extend my knowledge of plant and bird species here in BC and beyond - maybe you'd like to use them too? I hope you and your children choose to learn more about why our province is known as "Beautiful British Columbia".

## Knowledgeable in action: Staff Learning

As you know, today was a professional development day. Today, our staff focused on ways we can better support English Language Learners (ELLs) through professional learning sessions facilitated by the district's lead ELL leader Leah Symons. Our staff members learned so much that we can apply to help the many students who have joined our school for whom English is a second language.

# "Autumn-ing and Winter-ing" with your Children

November and December bring with them darker, wetter, colder days here in BC. Some ways to help your children have a more positive experience here at this time include:

**Earlier bedtimes** - Because it is darker sooner, and temperatures tend to be colder and weather is more inclement, earlier bedtimes are easier to enforce for children (and for us too!).

Active travel to/from school - To help with the tendency to shift towards "hibernating" during darker, colder months, consider helping your child to walk/wheel all the way or at least part of the way to and from school.

**Encouragement of outside time** - Even when it's rainy and cold, it is important that children (and adults) get outside. If you don't believe me, please do your own research into this. At school, even when it is rainy, windy, snowy (within safety constraints), we will have outdoor recess and post-lunchtime outdoor breaks. Please help your child have clothing to be able to play outside in the rain/other weather, and share with them how important outside time is for their wellbeing.

#### LOOKING AHEAD TO NEXT WEEK (NOV 13- NOV 17:

8:15-8:35	0.45.0.25	
Breakfast Program (service <b>ends at</b> <b>8:35</b> )	8:15-8:35 Breakfast Program (service <b>ends at</b> <b>8:35</b> )	8:15-8:35 Breakfast Program (service <b>ends at</b> <b>8:35</b> )
2:15 Dismissal	3:00-5:00: Gr. 6/7 Capilano Community Services Program	
	(service <b>ends at</b> 8:35)	(service ends at 8:35)  2:15 Dismissal 3:00-5:00: Gr. 6/7 Capilano Community Services