

January 13, 2026

Dear NVSD Families,

As many of you may be aware through news coverage, some regions of the world are currently experiencing conflict and unrest. Students' exposure to global events is increasingly difficult to avoid and, given the influence of social media, often occurs without the context or emotional support needed to fully make sense of what they see.

The North Vancouver community includes families and students with connections to many parts of the world, including areas affected by these events. Experiences related to conflict may influence family conversations and overall well-being, and recent developments may contribute to increased stress or worry for some members of the NVSD community. Even when events are happening far from home, students can be affected through media exposure, conversations they overhear, or the emotions of adults around them, which may show up as increased worry, strong emotions, or difficulty focusing.

Across the school district, our priority is to ensure every student feels safe, supported, and connected. School staff are attentive to students' social and emotional well-being and are offering reassurance through predictable routines, calm spaces, and opportunities for students to talk, reflect, or take a break when needed. We continue to reinforce skills such as empathy, kindness, and problem-solving that help children and youth navigate uncertainty and support one another.

Maintaining regular routines while creating space for care and conversation is one way families and schools can work together to support students. The following resources may be helpful at home:

- [Foundry Virtual BC – Foundry BC App](#)
- [SD44 Social Emotional Learning and Mental Health Website](#)

If you notice ongoing worry, changes in sleep or appetite, or difficulty concentrating, please reach out to your child's classroom teacher or principal. Teachers, counsellors, and administrators are available to partner with you and provide additional support as needed.

Thank you for the care you show your children and for working with us to foster calm, compassionate school communities where every student feels a sense of belonging.

Respectfully,



Dr. Pius Ryan
Superintendent of Schools

