



Message to Capilano Families

February 5, 2023

Happy Lunar New Year! February is already off to a great start with our learning community deepening their exploration of kindness. Many learning opportunities, including collaborative creations of Black History Month Biography Posters, opportunities to spread acts of kindness, and outdoor learning programs, are planned for this month!

As part of our school plan's goal to explore diversity in our learning community, we learn about how to create a culture of inclusion all year long. We hope to further expand on these explorations this month as we discuss kindness and open-mindedness through the opportunities provided by Black History Month, Kindness Month, and Pink Shirt Day. We continue to do this in a variety of ways, from integration of topics related to diversity in our Units of Inquiry to deepening our understanding of social-emotional learning through Second Step to stand-alone topics around Black History also being taught in classrooms. At Capilano, we are going to continue to focus on how we show kindness through our words, thoughts, and actions to all those around us.

This includes the monthly Capilano R.O.C.K.S. Report which we are requesting family's complete once per month and return. In addition to the learning happening at school, we hope that this will encourage conversations at home about social-emotional learning and sense of belonging. A copy of this month's report focused on being "open-minded" came home this past week and can be returned to a bin in the library until the end of the month. Please read more below.

Shared in our monthly newsletter are important dates, updates, and a celebration of learning happening at our school. Also, please continue to check our website for up-to-date information: [Capilano Elementary](https://www.capilano.ca)

Thank you to the Capilano learning community for spreading kindness! 😊

Jeeniece Chand Alaina Denny
Principal Vice-Principal

Important Dates

- **February:** Black History Month (and Kindness Month)
- **Tuesday, February 7:** PAC Meeting at 7pm
- **Thursday, February 16:** Lockdown Drill
- **Friday, February 17:** District-Wide Professional Development Day (No School)
- **Monday, February 20:** Family Day (Stat – No School)
- **Wednesday, February 22:** Pink Shirt Day



Capilano News & Updates

District-wide Lockdown Drill

At this time of year, to help ensure the safety of our students and staff, we have an annual district-wide Lockdown Drill. Our drill will be on Thursday, February 16th. More information about the drill is shared in the letter attached at the end.

Valentine's Day and Family Day

Communication around Valentine's Day and/or Family Day related activities in classroom will come directly from classroom teachers.

Band and Strings for 2023-2024 – Registration Still Open

Is your child interested in Band and Strings? Registration for the 2023/24 Elementary Band and Strings program will open on January 16th. The NVSD public webpage for [Band and Strings](#) contains the information for the 2023/24 school year. Early registration is between January 16th – February 28th, click on the link and find out more!

Grade 5 Late French Immersion

All Grade 5 parents/guardians should have received an email on January 5th from the North Vancouver School District inviting them to attend the Family Information Session, which took place at Argyle Secondary on January 23rd. Grade 5 students have also viewed a video focused on the Late French Immersion program shown to them in class. Applications to the program are being accepted by the North Vancouver School District between Monday, January 23 through to Friday, March 3. Click here for more information: [NVSD Late French Immersion](#)

Code of Conduct and Second Step – February's Focus: Open-Minded

We have been supporting our learners' social-emotional, mental, and physical health through various strategies. This has included the school-wide review of our Code of Conduct and implementation of the Second Step program school-wide. We hope that you will use the language we share in our monthly newsletters to support this learning at home.

We had about half the students and families participate in the challenge this past month, excerpts from some of those who returned their homework have been included below and shared during announcements. We look forward to even more students participating this month! Ms. Chand and Mrs. Farrell launched February's focus: Open-Minded through LIVE with Mrs. Farrell this week and the homework should have come home already! Thanks to all those who have been partaking in these important discussions at home! 😊 While hard copies should have come home this past week, please find a digital copy of February's Homework also attached to the end of this newsletter.

Second Step Message: As part of our Code of Conduct – Capilano we are Kind. Be kind by being caring towards others, treating them as you would like to be treated. And be kind by including others in games and activities, and respecting rules for games. Getting along with others helps make our school a happier place. To get along with others, we need to have empathy for each other. Empathy is feeling or understanding what someone else is feeling. This week, be a feelings detective! Try to notice how your classmates are feeling throughout the month. Watch their faces and bodies for clues! Let's see how we can spread kindness and be open-minded this month Capilano!

Health and Safety Reminders

At this time, in addition to our existing measures, the Medical Health Officer on the North Shore has encouraged the following:

- Prevention is key! Please continue to handwash, use coughing etiquette, and stay home if unwell.
- Please follow the [Health Awareness](#) guidelines, some of the highlights can be found below.



- As well, you might find the attached document from VCH that shares "**When should I keep my sick child home from school**" helpful.
- Here is one more helpful resource: Sneezes and Diseases: <https://sneezesdiseases.com/>

Please remember to keep your children at home when they are unwell as this helps us continue to function as a learning community in a healthy manner. Having been through this journey together in the past few years, we are so excited to be able to bring in the community again to our school as per the current Health & Safety Guidelines. Therefore, the reminder to stay home when sick also applies to all of our visitors and volunteers. We appreciate your cooperation in helping us ensure that we are able to continue to do such community events in a safe and healthy manner.

- Please **practice health awareness** by checking for symptoms of illness and staying home if sick.
- **Wearing a mask or face covering is a personal choice.** Let's continue to be supportive and kind.
- **Practice hand hygiene often.**
- **Practice respiratory etiquette.**
- Avoid sharing items that come into contact with the mouth (e.g. food, drinks, utensils, etc.)
- **To help us prevent crowding, we kindly request that parents and guardians are mindful of not gathering on school grounds or inside of the school during the school day.**
- Also, a friendly reminder to please **supervise any children** you may be responsible for before school (during drop-off) and after school (during pick-up) while on school grounds. Dogs are not permitted on school grounds.
- **If adults must enter the building, we request that you go directly to the office to sign-in.**
- We will continue to have a Drop Table at the front of the office as well.
- **Staff, children, or other persons in the school setting who test positive for COVID-19 should follow the guidance on the BCCDC website as to how long they should self-isolate.** They can return to school when they no longer need to self-isolate, as long as symptoms have improved, and they are well enough to participate in regular activities.

Capilano School Plan

As part of our School Plan, we continue to work on our school goal which is alignment with our [NVSD Strategic Plan](#).

Goal: Enhancing our Sense of Community through Compassionate Integrity – By supporting our community's social and emotional well-being and our sense of belonging at Capilano, through mindfulness of:

- Approaches to Teaching and Learning
- Diversity of Students, Families, and Staff
- Community Connections

Capilano Learners Take Action

Beautification Project

In alignment with our NVSD Strategic Plan and School Plan driven through student-led action, we are raising awareness about being environmental stewards. To support the practice of taking care of our environment, we have started the Beautification Project. Classes have the responsibility to help raise awareness and take action (both inside and outside) as environmental stewards. This has already extended into students wanting to take action by using their leadership skills to organize additional opportunities to take care of the environment.

Highlights from Capilano R.O.C.K.S. Report – January's Focus: Respectful

As we had many students and families who participated, in January we have selected a few excerpts for this month and will continue to select a few every month to include in the newsletter so that most of the students/families can have a turn being highlighted. These have also been read during morning announcements. Please read below to find out how students shared that they can be respectful.



- In Kindergarten, Sebastian shares: I don't interrupt someone who is speaking.
- In Grade 6, Serena shares: I am respectful at school when I wait my turn, not budge, listen to the teacher's instructions, I wait my turn before I talk, and don't talk over others.
- In Grade 4, Tiffany shares: In the community, I say polite things to make people happier. I also help by picking up dropped things and saying thank you.
- In Grade 1, Chloe shares: I help with my baby sister. I feel very happy and am really helpful.
- In Kindergarten, Liam shares: I use good manners by saying yes, please, thank you, and no thank you.
- In Grade 5, Rowan shares: At home I am respectful when I clean the dishes, stop video-games when I am told, and I am a good brother to my sister.
- In Grade 6, Jacques: I am respectful to others in the community by listening to them making a speech.
- In Grade 2, Logan shares: I help my sister build forts. It feels good.
- In Grade 5, Sophia shares: I am respectful to others at school by not being too noisy in the class when people are working.
- In Grade 3, Evie shares: I set a good example for younger kids at ski club.
- In Grade 7, Ryan shares: I help others and respect their boundaries.
- In Grade 3, Jan shares: I put my garbage, compost, and paper in the right bin.
- In Grade 2, Alexandra shares: I let others share their ideas. Respectful looks like somebody playing a violin.
- In Grade 4, Wyatt shares: I help if someone gets hurt. It feels good. I say "Can I help you?"
- In Grade 7, Mya shares: I am respectful by being grateful and appreciative to my family. It sounds and feels heartwarming because I'm being respectful and kind.
- In Grade 2, Kaylee shares: I listen to my family. I give them my full attention and be quiet.
- In Grade 1, Leona shares: At school, I listen to my teacher. I clean up my desk and I don't budge in line.
- In Grade 3, Nicholas shares: I return my books to the public library on time.

Celebrating Capilano

In every month's newsletter, we hope to celebrate the learning happening at Capilano by featuring a grade group. This month, we celebrate learning in Grade 4.

Below are pictures of some learning activities the grade 4s have been involved in:

- Universe in a Box – exploration of constellations we can see from Earth in the night sky at different times of year.
- Myth writing - students invent a constellation then write a myth to explain how it got into the sky
- Sun Dial - Students built a sun dial to simulate how we tell time according to the shadows we see in relation to the height of the sun in the sky.
- Math games - students chose math games to practice multiplication. Also, students practice sharing their thinking about patterns and relationships between numbers.





Capilano R.O.C.K.S. Report


Name: _____ Grade: ____ Teacher: _____ Date: _____

Capilano Code of Conduct: Respectful, Open-Minded, Cooperative, Kind, Safe

As part of Capilano's School Plan, we are focusing on enhancing our sense of community through compassionate integrity by supporting our community's social and emotional well-being and our sense of belonging at Capilano. To support this goal, we are hoping to collaborate using our home-school partnership to discuss different important topics in a mindful manner. Over the next few months, we will focus on one aspect of the Code of Conduct monthly; the month's focus will be launched by Ms. Chand and Mrs. Farrell during LIVE with Mrs. Farrell. We are hoping that the completion of the Capilano R.O.C.K.S. Report will encourage these important conversations at home, thereby reinforcing the learning taking place at school. A few selected excerpts from the homework returned will be read at the following month's LIVE with Mrs. Farrell and included in the monthly Capilano Newsletter. The completed homework is due to the Principal's Office by the end of the month! A bin will be kept in the library to collect all completed Capilano R.O.C.K.S. Reports. Good luck!

February's Focus: Open-Minded

1. How are you OPEN-MINDED with others at home? What does this look like, feel like, and sound like?

 Draw

2. How are you OPEN-MINDED with others at school? What does this look like, feel like, and sound like?

 Draw

3. How are you OPEN-MINDED with others in the community? (This includes the virtual community)

 Draw

I give permission for excerpts of my child's responses to be included in the Monthly Newsletter with their first name. Parent Signature: _____

February 5, 2023

Dear Capilano Elementary Parents and Guardians:

Subject: Emergency "Lockdown" Procedure and Practice Drill – February 16, 2023 at 11:45

The North Vancouver School District, in partnership with the North Vancouver R.C.M.P., has recently undertaken an annual review of our emergency lockdown procedures. Between February 5 and March 10, 2023, all schools in the NVSD will be conducting a practice lockdown drill, which will include the participation of all students and staff. At Capilano, we will be conducting our lockdown drill on February 16, 2023.

In preparing this communication, I realize that even the mention of the word "lockdown" can introduce unwelcome thoughts, and raises questions and concerns. On page 2 of this letter, please find a series of Questions & Answers to further explain what a "lockdown" means and our procedures for addressing this scenario, however unlikely, in our schools.

We realize that an actual lockdown scenario is intensely stressful for everyone involved. One of the most common reactions in parents is to be able to reach their child by cellphone. However, as is explained in the Q & A, cellphone communication can put individuals who find themselves in a lockdown situation at greater risk. For this reason, we ask all parents for their cooperation in respecting the law enforcement directive prohibiting the use of cellphones by staff and students during a lockdown.

Both the North Vancouver School District, and our school, recognize our collective responsibility for the safety of students and staff on our premises, at all times. While the likelihood of threatening behaviours/incidents in our schools is very, very low, we hope you will find this knowledge of our procedures to be reassuring. Please don't hesitate to discuss this information with myself here at the school. Questions or concerns can also be communicated to Jeremy Church, District Principal for Safe and Healthy School, via his email at jchurch@sd44.ca.

Sincerely,

Jeeniece Chand
Principal
Capilano Elementary



“Lockdown” Procedure and Practice Drills - Questions & Answers

What is a “school lockdown”?

A lockdown is an emergency procedure designed to protect occupants from an external harm, or contain the movement of occupants when a danger is present in, or around, the building. In a school lockdown, only emergency response teams from law enforcement will enter the school. A “lockdown” means that people must stay where they are and cannot leave until escorted outside by response personnel.

Are there different procedures depending upon the situation?

Yes. There are three different distinctions of “lockdown” that direct how a situation will be addressed:

Level 1 “LOCKDOWN” – The danger is present inside the school.

Level 2 “HOLD AND SECURE” – The danger is close to, but not inside the building

Level 3 “SHELTER IN PLACE” – A risk is in the surrounding area.

How are school staff prepared to handle a lockdown situation?

School-based staff are trained in how to recognize and respond to all three lockdown scenarios.

Why do children have to practice a lockdown drill? Isn't that creating a stressful situation?

Particularly in emergency situations, we are all more confident, less anxious, and better able to cope when we know there is a plan in place. An essential part of the lockdown drill in our schools is for staff to lead conversations about the experience afterwards to reassure students and help them develop new coping and self-calming techniques for the future.

May I communicate with my child during a lockdown?

It's expected that many parents will feel an urgent need to contact their child in a lockdown situation. However, any sound from a cellphone can alert the danger/intruder to the presence of an individual or group, placing them, and everyone in their vicinity, at greater risk. For this reason, students and staff are not permitted to use cellphones during a lockdown situation.

Communications both in and out of a school under lockdown are restricted to law enforcement personnel and their designates—including school principals and school district senior administrators.

During a school lockdown, where can I learn more information?

Recognizing that telephone reception could quickly become overwhelmed by a high volume of calls in a lockdown situation, the School District will update its website as information is released to us through the R.C.M.P..

