



# Capilano Newsletter



## *Message to Capilano Families*

March 5, 2023

As we near Spring Break, we are wrapping up the fabulous learning opportunities from this term and celebrating the successes. As well, we are setting up for our new learning adventures which will be continued after Spring Break.

As part of our school plan's goal to explore diversity in our learning community, we will continue to explore the culture of inclusion all year long. We share some learning opportunities that students engaged with focused on kindness and open-mindedness through the Black History Month Door Challenge, Multi-Age Group's Community Gratitude Activity on Pink Shirt Day, Celebration of Learning in Grades 3 & 4, and Outdoor School. 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 "Cooperative" 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.

The School District also continues to work on creating a vibrant learning community that also focuses on diversity, equity, and inclusion. As such, the North Vancouver School District is pleased to share the Google language translation feature has been added to all SD44 websites (i.e., Scholantis sites with an sd44.ca domain). You will find the language selection box at the bottom of each page (to the right of the social media icons) on these websites.

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.sd44.ca)

Thank you to the Capilano learning community! We hope everyone has a safe and fun Spring Break! ☺

Jeeniece Chand  
Principal

Alaina Denny  
Vice-Principal

### Important Dates

- **Tuesday, March 7:** PAC Meeting at 7pm
- **Wednesday, March 8:** Term 02 Report Cards Published
- **Friday, March 10:** Spring Break Starts at the end of the school day
- **Monday, March 27:** School Re-Opens After Spring Break
- **Thursday, March 30:** Ready, Set, Learn from 6:00 – 7:00pm
- **Monday, April 3 & Tuesday, April 4:** Student-Led Conferences
- **Friday, April 7 & Monday, April 10:** Good Friday & Easter Monday (Stats: No School)



1230 20<sup>th</sup> St W, North Vancouver, B.C. V7P 2B9  
Phone: 604.903.3370 Email: [capilano@sd44.ca](mailto:capilano@sd44.ca)  
Website: [Capilano Elementary School](https://www.capilano.sd44.ca)

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## Capilano News & Updates

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### Student-Led Conferences - In-Person Conferences: Monday, April 3rd and Tuesday, April 4th

Student-Led Conferences are set for **Monday, April 3<sup>rd</sup>** and **Tuesday, April 4<sup>th</sup>**. On these two days, students will be dismissed early at 2:00pm, to provide time for these conferences. Please make sure your children are picked up promptly on these days, as staff members will not be available to supervise students after 2:00pm. Thank you for your cooperation!

Information about the Student-Led Conferences will be shared with you after returning from Spring Break. Sign-up will be between **March 27 – 29<sup>th</sup>** and confirmations will be sent to families by end of day on **March 31<sup>st</sup>**.

Staff are currently finalizing report cards for this term. They will be published to families on MyED on **Wednesday, March 8th**. An email will be sent to families to let you know once they're posted. If you have difficulty accessing your child's report card, please email [capilano@sd44.ca](mailto:capilano@sd44.ca) and we will try our best to help you.

### Ready, Set, Learn at Capilano – March 30, 2023 from 6-7pm

Inviting all 3-5 year old children (who have not started Kindergarten yet) and their parents/guardians to come learn, play, and connect with others! There is a Ready, Set, Learn event at Capilano this year and other schools across the North Vancouver School District are also hosting events. Please see more information below in the posters attached.

### Code of Conduct and Second Step – March's Focus: Cooperative

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. Denny and Mrs. Farrell launched March's focus: Cooperative 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 this month's homework also attached to the end of this newsletter.

Second Step Message: As part of our Code of Conduct – Capilano we are Kind. We have been recognizing learners for their acts of kindness by including their name on the Kindness Confetti board. Capilano has done tremendously well, and we have already earned an extra recess to celebrate everyone's achievements! As well, during Multi-Age Groups this month we worked on creating messages/cards of gratitude to share with community leaders. The staff is working on sharing these with our community leaders over the next few months. We are so proud of Capilano's learning community good work so far this year!



### 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. As part of 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 taking action by using their leadership skills to organize opportunities to take care of the environment. These opportunities will be further magnified during the Climate Action and Sustainability Week coming up in April.

#### Highlights from Capilano R.O.C.K.S. Report – February's Focus: Open-Minded

As we had many students and families who participated by completing the Capilano R.O.C.K.S. Report, 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 **open-minded**.



- In Kindergarten, Axl shares: by trying a game that a friend wants to try and not getting upset if a friend doesn't want to play.
- In grade 6, Johnny shares: I accept other cultures.
- In grade 4, Haley shares: It's open-minded when we register for the Vancouver Sun-Run as a new experience.
- In grade 1, Bennett shares: I am open-minded by trying new ideas.
- In Kindergarten, Leo shares: I am open-minded by being understanding to others at home.
- In grade 5, Liv shares: When kids raise their hands, I make sure I am not doing anything other than listening to them and it is quiet in the room.
- In grade 2, Duncan shares: I listen to my baby brother's ideas.
- In grade 2, Valerie shares: I listen to my classmates during Community Circle.
- In grade 5, Sophia shares: When I am practicing piano, I listen to my mum's ideas to make my piano playing better.
- In grade 3, Jan shares: I put myself in other peoples' shoes by listening carefully to their feelings.
- In grade 3, Danielle shares: I help others in the community.
- In grade 2, Logan shares: I am open to playing different games in PE.
- In grade 4, Keira shares: I am open-minded in the community by listening to the people's ideas when I do an afterschool school activity.
- In grade 1, Torin shares: When my brother suggests something new to play, I try it out.
- In grade 3, Lorena shares: I accept the results of the vote, even if it is something I did not choose.
- In grade 6, Maya shares: I am open minded by letting my friends choose what we do at recess.
- 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 pause from celebrating grade groups and celebrate learning taking place at the school across grades.





# Ready, Set, Learn

Inviting all 3-5 year olds, not yet in Kindergarten,  
to come learn and play outdoors!

We would like to invite all 3-5 year olds within the community to attend one of the North Vancouver School District's Ready, Set, Learn events.

The theme this year is **Creating Belonging through Meaningful Connections** and will involve learning and play stations that align with the Ministry of Education and Child Care's Early Learning Framework.

Ready, Set, Learn events provide a fun, family-oriented atmosphere with the intention of supporting preschool-aged children prepare for their eventual transition to Kindergarten.

These events are a wonderful way for families to establish positive connections with schools and early learning community partners.

Ready, Set, Learn events are free to families and are sponsored by the North Vancouver School District; Ministry of Education and Child Care, Children & Family Development, and Health; North Vancouver District Public Library and North Vancouver City Library.

We hope you can join us! We are excited to meet and welcome you and your children at one of the planned Ready, Set, Learn events.



PHOTO MAGDALENE BUNCE, WESTVIEW ELEMENTARY

## RSL EVENT SCHEDULE 2023

Location	Date	Time	RSVP to:	RSVP by:
Capilano Elementary	March 30	6 p.m. to 7 p.m.	(E) apulice@sd44.ca	March 10
Mickey McDougall	April 14	9 a.m. to 11 a.m.	No RSVP needed	
Norgate Elementary	April 20	11 a.m. to 12 p.m.	(E) norgate@sd44.ca	April 17
Mountainside Secondary	April 21	9 a.m. to 11 a.m.	No RSVP needed	
Eastview Elementary	April 27	1 p.m. to 2 p.m.	(P) 604-903-3520 (E) eastview@sd44.ca	April 21
Mickey McDougall	April 28	9 a.m. to 11 a.m.	No RSVP needed	
Cleveland Elementary	April 28	9 a.m. to 11 a.m.	(E) cleveland@sd44.ca	April 27
Sherwood Park Elementary	April 29	10 a.m. to 12 p.m.	(P) 604-903-3810 (E) sherwoodpark@sd44.ca	
Cove Cliff Elementary	May 4	5:30 p.m. to 6:30 p.m.	(E) evandekerkhove@sd44.ca	
Canyon Heights Elementary	May 5	9 a.m. to 10:15 a.m.	(P) 604-903-3290 (E) canyonheights@sd44.ca	
Brooksbank Elementary	May 9	11 a.m. to 12 p.m.	(P) 604-903-3280 (E) brooksbank@sd44.ca	May 1
Carisbrooke Elementary	May 12	1:30 p.m. to 2:30 p.m.	(E) carisbrooke@sd44.ca	May 5
Dorothy Lynas Elementary	May 24	4 p.m. to 5 p.m.	(E) dorothylynas@sd44.ca	May 17
Highlands Elementary	May 25	10:45 a.m. to 11:45 a.m.	(P) 604-903-3540 (E) highlands@sd44.ca	

TO LEARN MORE: [www.sd44.ca](http://www.sd44.ca)

@nvsd44 @north\_van\_school\_district

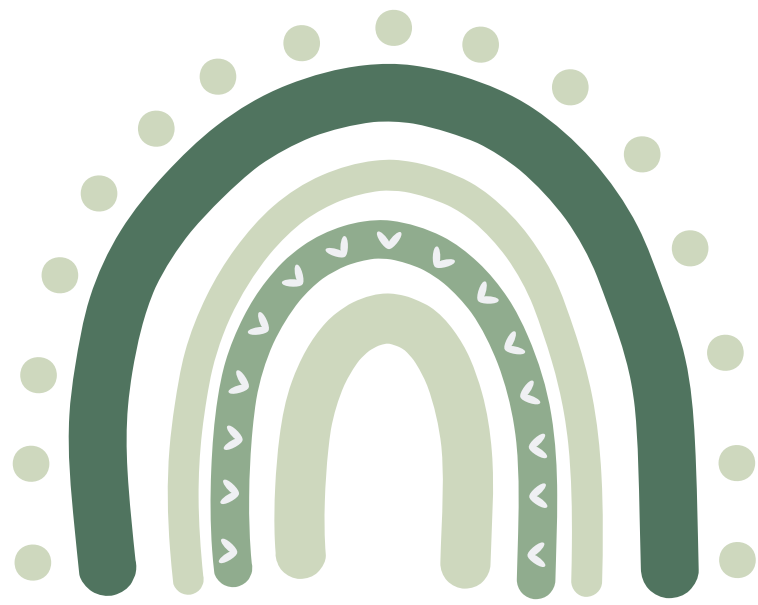
  
**North Vancouver  
School District**  
the natural place to learn®

# The NVSD Presents: Ready, Set, Learn



## Better Together: Connecting Through Play

Calling all 3-5 year olds who are not yet in Kindergarten!  
Come learn, play, and connect with others!



Where: Capilano Elementary School

When: Thursday, March 30th  
6:00pm-7:00pm

What: Storytelling, music, art, snacks, and much more!



P.S. Don't forget to bring your adult!

RSVP: [apulice@sd44.ca](mailto:apulice@sd44.ca)

# 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!

### **March's Focus: Cooperative**

**1. How are you COOPERATIVE with others at home?** What does this look like, feel like, and sound like?

 Draw

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**2. How are you COOPERATIVE with others at school?** What does this look like, feel like, and sound like?

 Draw

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**3. How are you COOPERATIVE with others in the community?** (This includes the virtual community)

 Draw

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