



Message to Capilano Families

April 7, 2023

Two weeks back from Spring Break, we are excited to share several new learning opportunities and upcoming events for our learning community. We have been actively working on our School Plan, especially creating connections, and celebrating diversity.

We are sure that many of you saw the community partners present to help promote positive traffic safety on March 30th. The RCMP officers, bylaw officers, DNV team members, ICBC team members, PAC Exec, Trustee Mann, students, staff, parents, and more joined us to help remind everyone about how to stay safe on the roads, especially near the school. The ICBC Think of Me event was a success! We look forward to having community partners continue to be present over the course of the next few months. Thank you to everyone for supporting student safety! We appreciate you following the traffic safety guidelines and helping support students so they can travel to and from school safely.

We were so happy to facilitate the Ready, Set, Learn event again at Capilano this year. It was wonderful to welcome 3-5 year old children with their families and begin to create connections between students, families, staff, and community members. We were fortunate to have members of Sunflower's team, the public librarian, NVSD staff, and the PAC join us! Find some photos and more information included below. We look forward to more events in the next few months!

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 "Kind" came home recently 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.sd44.ca/capilano)

Thank you to the Capilano learning community!

Jeeniece Chand
Principal

Alaina Denny
Vice-Principal

Important Dates

- **Friday, April 7 & Monday, April 10:** Good Friday & Easter Monday (Stats: No School)
- **Thursday, April 13:** Group Photos
- **Saturday, April 22:** PAC Gala at 6:30pm (Please read below for more information)
- **Monday, April 24:** Kindergarten, Grade 3, Grade 6 Immunizations by VCH Team
- **Monday, April 25:** Saleema Noon Parents/Guardians Session (Please see below for more information)
- **Thursday, April 27 & Friday, April 28:** Saleema Noon Student Sessions (More information below!)



Capilano News & Updates

PAC Fundraising Gala: Back to the gos!

Your Gala Committee is getting excited about our upcoming go's night! If you haven't gotten your ticket yet, get on Munchalunch.com and make sure you get yours today - you don't want to miss out on the event of the year, do you? Tickets are \$75! Tickets are available at <https://munchalunch.com>. You can also obtain tickets by e-mailing capilano.fundraiser@gmail.com with your request. You will not receive a physical ticket. Your name will be on a list and you will be given a wristband at the door. Please see poster attached at the end of the newsletter for more information.

Student-Led Conferences: Thank you!

It was wonderful to see families come through to celebrate their child's learning during the Student-Led Conferences on Monday, April 3rd and Tuesday, April 4th. We appreciate all of the valuable conversations and look forward to continuing to work together in a collaborative partnership throughout the last few months of this school year.

Saleema Noon: Family Session on April 25 at 6:30 & Student Sessions on April 27 & April 28

As per our regular programming, we will have virtual Saleema Noon sessions at Capilano Elementary again this school year. Each year, students in all elementary grades throughout BC receive instruction in sexual health education. This information is included in the Physical and Health Education program mandated for all BC students by the Ministry of Education. From time to time, schools bring in experts in the field to address this topic with the school community. We are excited to inform you that this year a member of Saleema Noon Sexual Health Educators will be joining us via Zoom to work with parents and Julie will join the students in-person from Kindergarten to Grade 7 due to the Capilano Parent Advisory Committee's support. Please note that the parent session will not be recorded for privacy reasons. For more information, please ensure you read the letter that's attached at the bottom of this newsletter.

Topic: **Capilano Parents/Guardians Session**

Time: Apr 25, 2023 06:30 PM Vancouver

Join Zoom Meeting: <https://us02web.zoom.us/j/85266479216?pwd=cEtPbkRTUmRqamRZcEdybGdqeHE5dz09>

Meeting ID: 852 6647 9216

Passcode: 487231

Code of Conduct and Second Step – April's Focus: Kind

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 April's focus: Kindness 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 in the past while, 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 at Capilano – we are Kind. We are continuing to explore kindness through various avenues this month. We will be exploring how we can be kind to our self, to others, and to our environment. Learners will also get to explore how to be kind through poetry and through environmental stewardship.



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.



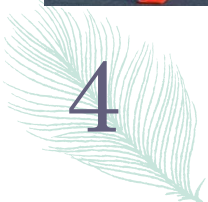
Highlights from Capilano R.O.C.K.S. Report – March’s Focus: Cooperative

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 **cooperative**.

- In Kindergarten, Dylan shares I am cooperative by playing with my brother in the morning. I feel happy and excited.
- In Grade 3, Athena shares I am cooperative when I listen to everyone’s ideas.
- In Grade 5, Arash shares I am cooperative by helping my family.
- In Grade 3, Ruby shares I am cooperative when I always do my job when we clean-up.
- In Grade 4, Dina shares I am cooperative when I speak kindly, share supplies, and give compliments to others.
- In Grade 1, Chloe shares I am cooperative when I pick up garbage in the community.
- In Kindergarten, Scotia shares I am cooperative when I feed our pet with my loving dad.
- In Grade 2, Sienna shares I am cooperative when I listen to my teacher’s instructions at school.
- In Grade 4, Martha shares I am cooperative by looking or things to do when my parents and brother is busy.
- In Grade 4, Carlo shares I am cooperative by cleaning my bedroom and listening to my parents.
- In Grade 3, Elliot shares I am cooperative when I follow the rules at recess.
- In Grade 2, Samuel shares I am cooperative when I help clean the pinecones in my garden.
- In Grade 3, Chantelle shares I am cooperative when I help bring in a jacket if someone forgot it. I feels like I belong at Capilano Elementary when I do kind actions.
- In Grade 2, Axel shares I am cooperative when I help my parents with chores around the house.
- In Grade 7, Sinnie shares I am cooperative with others by listening to ideas during group discussions.
- In Grade 6, Reid shares I am cooperative by taking in positions if someone else wants to play the same position at soccer practices and games.
- In Grade 1, Jason shares I am cooperative when I clean up the house.
- In Grade 6, Amelia shares I am cooperative at school when we work in groups, I am open to other’s ideas.
- In Grade 7, Kiara shares I am cooperative in the community by following rules and listening to peers.

Celebrating Capilano

This month, we share learning activities in Grade 5 and some school-wide events. The grade 5s have had fun while engaging in a variety of learning opportunities, from Activity Day to learning about chemical reactions in a magical way. Also, please find some photos of the Ready, Set, Learn Event and ICBC’s Think of Me Event at Capilano.



In grade 5 we have been exploring different methods of learning to help us determine how we do our best learning. Students have been exploring various options such as learning from the teacher in small groups, independently watching videos, conducting research, reading online, learning from books, working alone or working with a partner. Students have also been making use of choice boards to share what they have learned. We are seeing some very creative and innovative ways to represent learning including art, movies, podcasts, posters, interactive posters, artifacts and more!





Dear Parents/Guardians of Capilano Elementary's students,

Each year, students in all elementary grades throughout BC receive instruction in sexual health education. This information is included in the Physical and Health Education program mandated for all BC students by the Ministry for Education. From time to time, schools bring in experts in the field to address this topic with the school community. We are excited to inform you that this year Saleema Noon Sexual Health Educators will be visiting our school to work with parents and students in **K to G7** due to the support of the Capilano Parent Advisory Council.

In their Body Science presentations, Saleema Noon and her team of experienced educators work with children of all ages, teaching them about healthy bodies and healthy sexuality in ways they find non-threatening and entertaining. In their own language, children learn about how their bodies change, and what those changes mean.

Based on research and many years of experience as sexual health educators, they identify three reasons why providing this information starting in kindergarten is crucial:

1. Most importantly, studies from all over the world consistently show that children who are educated about healthy bodies, healthy boundaries and healthy sexuality are at reduced risk of child sexual abuse. Even if children are not asking questions yet (some never will) we need to give them information about their bodies and help them to develop strong personal boundaries. Sexual offenders (the majority of which are known to the victim) prey on children who aren't educated about their bodies and therefore lack the skills to differentiate between appropriate and inappropriate touching. These children find it hard to say "no", especially to an adult, and may not report abuse for fear of getting in trouble.
2. Young children are easiest to teach. They are excited to be body scientists, and accept the information very matter-of-factly. Older children and teens, however, often find it difficult to talk about sexual health openly, especially with their parents! This means we have to navigate the embarrassment barrier before they can accept the information they need. The good news is that young children only absorb information they are ready for...everything else just goes over their head. More good news, studies show that children who learn about healthy bodies at an early age from reliable adults in their life delay sexual activity.
3. Children today are exposed at earlier and earlier ages to all things involving sex and sexuality. We, as responsible adults, need to stay one step ahead of this by arming our children with accurate information about sexual health before they get their questions answered on the playground, by older friends or online. We need to teach them to think critically about what they hear, and this allows parents need to establish themselves early as their child's number one source of sexual health information throughout their development.



Please join us for an informative **Parents Workshop** via Zoom on **April 25, 2023 from 6:30-8pm**. In this session, Saleema or a member of her team will give an overview of student presentations and, using humor and straight talk in an open, interactive environment, will show parents how easy it is to convey healthy, meaningful messages about sex and growing up to young children.

Topic: **Capilano Parents - Talk Sex Today**

Time: Apr 25, 2023 06:30 PM Vancouver

Join Zoom Meeting

<https://us02web.zoom.us/j/85266479216?pwd=cEtPbkRTUmRqamRZcEJyYkdGdGpHE5dz09>

Meeting ID: 852 6647 9216

Passcode: 487231

Student sessions will take place in person during the school day on Thursday, April 27 and Friday, April 28. The content of the presentations is supported by current research as being age appropriate and we believe that it contributes to healthy child development. Some of the topics Saleema Noon Sexual Health Educators cover in their workshops extend beyond the content of the BC Physical and Health Education curriculum. For this reason, parents may choose to have their children OPT OUT of the Body Science workshops. Alternate arrangements will be made from children with permission from parents/guardians to OPT OUT. Attendance at the parent presentation before making this decision is strongly encouraged.

Please inform your child's teacher if you do not wish for your child to participate in these workshops by email as soon as possible (preferably Friday, April 14). For those attending the Parent Presentation to inform their decision, please let your classroom teacher know if your child will OPT OUT by Wednesday, April 26th at noon.

Please also feel free to email your child's classroom teacher and/or capilano@sd44.ca if you have any questions and/or concerns about Saleema Noon Sexual Health Educators' presentations.

Sincerely,

Jeeniece Chand
Principal
Capilano Elementary School



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!

April's Focus: Kind

1. How are you KIND to others at home? What does this look like, feel like, and sound like?

 Draw

2. How are you KIND to others at school? What does this look like, feel like, and sound like?

 Draw

3. How are you KIND to 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: _____

Ticket Prices: Held at \$75!
Order ahead as there are limited tickets available!!!!



We have a great crowd all ready for this party ... and we want to see YOU THERE!

Your Gala Committee is getting excited about our upcoming 90's night! If you haven't gotten your ticket yet, get on [Munchalunch.com](https://munchalunch.com) and make sure you get yours today - you don't want to miss out on the event of the year, do you?

If you HAVE your tickets, keep reading to learn about what to expect at "90's Night"

Where will it be held?

"Back to the 90's" will be at the Pemberton Heights Town Hall (aka Sunflower gym - yes the gym that your kids used to go to or go to for Preschool!) in.... Pemberton heights, North Vancouver.
2260 Philip Avenue, North Vancouver

What time should I show up?

Shenanigans will commence at 6:30 pm and we will keep going until midnight!

How do I get tickets?

Tickets are \$75! Tickets are available at <https://munchalunch.com>. You can also obtain tickets by e-mailing capilano.fundraiser@gmail.com with your request. You will not receive a physical ticket. Your name will be on a list and you will be given a wristband at the door.

What to Wear?

Be creative as you like! You can embrace the theme, or not.

What fun will I be having?

This year's dance music will be provided by a DJ!! DJ Dazi Creative will be entertaining us all night long when you are not busy with all the other fun as listed below.

What kind of items will be available at the Silent Auction?

Your Gala Team has been working hard to accrue a wide variety of items of different values. Big thanks to all who have donated!

Here is just a small sample of what we have available at our **Silent Auction**:

- Apex Getaway - 3 night stay
- Private Chef with Cameron Hunter for 6 people in your own home!
- 4 Classes at Little Kitchen Academy
- White Cap VIP Tickets
- Interior Design consultation
- Family Photo Session
- Gift Baskets and Gift Certificates galore from various businesses
- Principal or Vice Principal or Live with Ms. Farrell or Extended Recess!
- The amazing **CLASS PLATES** your kids decorated from each division at Capilano Elementary!
- We also have a **PHOTO BOOTH!** We've got something for everyone!

Will there be food?

Yes! Yes! Yes! There will be tons of food catered by the wonderful Little Bird Catering.

Is it too late to be a sponsor??

Last date to be a sponsor for our event is April 1st!

VOLUNTEERS

We need SIX volunteers for set up and SIX volunteers for tear down.

Any other questions?

Shoot us an e-mail at capilano.fundraiser@gmail.com and we will answer whatever questions you may have.

**Don't miss out on this amazing annual tradition we have with Capilano Elementary
to celebrate with our adults only night out
and give back to our school!**

We'll see you there!

Gala planning team and PAC Executive

Outdoor Safety & Emergency Preparedness Open House

Saturday, May 13, 2023

11 am - 2 pm | Argyle Secondary School

Join us for a FREE family-friendly community event that showcases the expertise of local emergency management bodies and first responders and aims to build your awareness and resilience around outdoor safety and emergency preparedness.

The event consists of an outdoor trade show and workshops hosted by participating organizations. Speak with the experts and get up close to emergency vehicles used in real-life rescues.

Workshops by North Shore Rescue, BC AdventureSmart and more!

- exhibition and demos
- workshops
- emergency vehicles
- rescue equipment
- food trucks
- bike valet

Visit our website for more information



LEARN MORE: www.sd44.ca Phone: 604-903-3444

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North Vancouver
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