






## Important Calendar Dates

Feb 20, 25, & 26	Substance Use Prevention Complimentary Webinar (see information below)
Feb 26	Pink Shirt Day 
Feb 28	Ramadan Begins
Mar 8	International Women's Day
Mar 10	Grade 3's to Skw'unc-was Program at Cheakamus Centre for the day
Mar 12	Written Learning Updates Published by End of Day
Mar 14	Last day of classes before Spring Break & Pajama Day
Mar 17-28	 <b>Spring Break</b> 
Mar 31	Schools reopen after spring break

## Attendance

**Attendance – Leaving Early for Spring Break?** A reminder to families who might be leaving for spring break slightly earlier due to planned vacations to please let the classroom teacher AND Capilano Office know of your child's absence by using one of the following methods:

- 1.) Using the [SafeArrival](#) system
- 2.) Calling (604) 903-3370, press '2' at any time to reach the absent line **\*leaving a message is the preferred method when calling, as the office is extra busy in the mornings during attendance.**

Please provide the first and last name of your student, grade, and division, if known. **It is important to let both the office (using 2 methods above) and the classroom teacher know (by email) of any absences, late arrivals, or early departures.** Our school website (staff top tab) is updated with all of the current divisions and classroom teacher emails.

We ask that ALL visitors and parents come to the OFFICE to check-in regarding your visit to the school. For students' safety all other doors are locked before, during and after school.

**STUDENTS ARRIVING LATE** – If your student is late, please have them come to the office and sign in.

**STUDENTS LEAVING EARLY** – If you need to pick your child up early, please come to the office to sign your student out, and the office will call the classroom so the student can come down.

\*Students must be picked up by individuals on their safe pick-up list (you provided this information on the Student Information Verification Form in the September Package), and cannot leave the school grounds by themselves between the hours of 8:45am – 3pm.

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## Winter Weather

As we enter the winter months, please familiarize yourself with the school district's [Winter Weather procedures](#). In the rare event of a school district-wide closure, the closure will be communicated via multiple channels, inclusive of Metro Vancouver media stations, school district and school website, SchoolMessenger notification for families, and communication to staff.

Student safety is of the highest priority and a shared responsibility. Families may choose to make alternate arrangements if they do not feel it is safe to travel to school during inclement weather. It is recommended families establish an emergency plan for potential school closures, delayed start times, or early dismissals.

As many of you have noticed, the school grounds are currently quite frosty and slippery. Please rest assured that we are closely monitoring the conditions and taking appropriate measures to ensure the safety of all students. This includes regularly salting the areas and closing outside play spaces as needed.

Your child's safety is our top priority, and we appreciate your understanding as we continue to assess and address these conditions.

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## Substance Use Prevention: Mental Health & Decision-Making

### A COMPLIMENTARY WEBINAR FOR PARENTS, GUARDIANS & CAREGIVERS

Join leading adolescent Clinical Psychologist Dr. Hayley Watson for an online event that aims to help parents, guardians and caregivers gain a deeper understanding of substance use prevention and learn practical tools for supporting youth mental health. February 20, 25, & 26<sup>th</sup>. Please see flyer below for registration information.

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## Dressing for the Weather

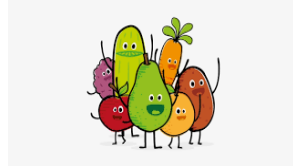


Please make sure your child/children are dressed appropriately for outside play. Students will be outside at lunch and recess **rain** or shine or **snow**. It is helpful for them to have an extra set of clothes at the school.

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## Extra Snacks and Water

We've noticed many students are coming to the office asking for extra snacks because they're still hungry after eating their lunches. To help make sure everyone stays full and happy, please pack extra snacks in your child's lunch kit.



Also, on Fridays (hot lunch days), we've seen some children coming to school without snacks and getting very hungry by recess at 10:30 AM. **Please remember to pack a snack, a water bottle, and any utensils your child may need.**

Thank you for your help in keeping our students fueled and ready to learn!

If your child won't be at school on a day that you've ordered hot lunch, please email [capilanofood@gmail.com](mailto:capilanofood@gmail.com) by 10:30 am if you'd like to pick up or pass on their lunch to anyone else. Pick ups will be placed on the drop table in front of the office at 12:15pm. In the email, please indicate your child's name, teacher and division number.

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## Homestay Families Needed

Each year, the North Vancouver School District welcomes students from around the world to live and study in our vibrant community. We strive to place secondary school international students with families who live close to their school to support each student's integration into the school and wider community.

There are secondary school international students in need of a homestay placement for the school term beginning September 2025. If you are interested in hosting an international student, please reach out to our International Education program office at [international@sd44.ca](mailto:international@sd44.ca). More information about the homestay program is available on the [International Education](#) section of the school district website.

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# SUBSTANCE USE PREVENTION: MENTAL HEALTH & DECISION-MAKING

A **COMPLIMENTARY WEBINAR** FOR PARENTS, GUARDIANS & CAREGIVERS

Join leading **adolescent Clinical Psychologist Dr. Hayley Watson** for an online event that aims to help parents, guardians and caregivers gain a **deeper understanding** of substance use prevention and learn **practical tools** for supporting youth mental health.



## Key Takeaways:



Learn the factors that contribute to youth mental health/substance use



Understand the skills that youth need to overcome these needs



Acquire practical tools for empowering your child and youth to make positive choices



Increase your ability to support your own mental health

**Time:** 6–7:30pm PST

**Date:** 20th, 25th, 26th Feb 2025

**REGISTER NOW**

Scan the QR  
Code to Register

