



CAPILANO ELEMENTARY WEEKLY REMINDERS

March 6, 2026



Important Dates:

- **March 9-11: Grade 4 Visit to Cheakamus Centre**
- **March 11 - 7-8pm: PAC Meeting via Zoom**
- **March 13: Pajama Day**
- **March 16-27: SPRING BREAK (NO SCHOOL)**

PAC REMINDERS

Upcoming PAC Meeting via Zoom!

7-8pm on Wednesday, March 11th

Mark your calendars! We would love to see your faces and hear your thoughts as we talk about upcoming events and fundraising opportunities. The Spring Dance and the End of Year Carnival are all happening in the final term and we will be sharing more information about these fabulous school events!

After School Spring Programs

After-School Programs for the Spring are now available! Visit the Capilano PAC [website](#) for details and to register!

READING OLYMPICS!



Congratulations to all our Capilano Reading Olympics participants! It was so amazing to see all the hard work students put into this challenge. Students will be receiving "medals" and small reward over the next few school days.

CRAFTING CLUB

Our Capilano Student Leadership is starting a Crafting Club at Capilano. If you have any of the following craft materials at home that you no longer need, please consider donating:

- **Crochet hooks/needles: Size 6mm**
- **Melty Beads (e.g., Perler or Fuse beads)**
- **Plates to use with the melty beads**



To contribute any of these items, please label them for MS. PENA and leave them in a bag on the Drop Table outside the main office. *Please do not donate any other crafting items at this time.* Thanks for your help, Capilano Community!



As you may have seen, we are looking for feedback on how the school and PAC communicates with families. Please take a few minutes to provide input on this survey: [Communication at Capilano](#)

Principled Celebration and Pajama Day Friday

At Capilano, we have been focusing on being principled. Students have been earning our principled Code of Conduct stickers and filling our celebration jar. Our jar is full and the celebration is here! The word principal is closely tied to being principled, so for this celebration Mrs. Clark will dress up in costumes for the week of March 9-13. On **Friday, March 13**, students are encouraged to join Mrs. Clark by wearing their pajamas.

International Mother Language Day Challenge

Did you know that International Mother Language Day. Students are bringing home a Positivity Challenge this week. The task is simple - to spread positivity in a variety of languages on a bulletin board in our school. You get to choose the positive message to share and hand it in to Mrs. Farrell to add to our language board.

Navigating Screen Battles



Struggling with screen time battles, gaming limits, or social media boundaries? You're not alone. In this practical workshop, parents will learn how to set clear, confident limits around screens and technology using Non-Violent Communication inspired by Marshall Rosenberg – without power struggles, shame, or disconnection.

Arleen Tyndall
Dr. Shefali-trained Conscious Parenting & Life Coach
25+ yrs Clinical Pharmacist
Author/Storyteller
Somatic Alignment Facilitator

What You'll Learn:

- ✓ Understand the nervous system dynamics behind screen conflicts and power struggles.
- ✓ Apply the 4 components of Non-Violent Communication
- ✓ Respond effectively to resistance, meltdowns, or negotiation tactics.
- ✓ Practice simple body-based tools to help your child regulate
- ✓ Set clear, developmentally appropriate screen boundaries without punishment or shame.



www.ArleenTyndall.com/events

FREE In-Person Workshop

- 📅 **Thurs April 9, 2026**
- 🕒 **6:30-8:30 PM**
- 📍 **North Vancouver School District Education Services Centre, 5th Floor
2121 Lonsdale Ave**



Can't make it?
Free Online Webinar option
Wed April 22nd
6:30-8PM
Choose what works for you!

Register Now!

(Limited in-person spots available)