





# Capilano Elementary

Weekly Reminders – March 14th, 2025

*Wishing you and your families a safe and relaxing spring break!*

*- from the Capilano School Office*

## Important Calendar Dates

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.

---

## Message from the Library

### **Library Announcement - The Anxious Generation**

Mrs. Farrell has purchased two copies of The Anxious Generation by Jonathan Haidt for families to sign out from our library. If you are interested in borrowing a copy, please email Mrs. Farrell at [sfarrell@sd44.ca](mailto:sfarrell@sd44.ca)

Here is a link to a goodreads write-up about the book: [The Anxious Generation: How the Great Rewiring of Childhood Caused an Epidemic of Mental Illness by Jonathan Haidt | Goodreads](#)

---

## Understanding the Early Years in BC: Transition to Kindergarten

Newcomer parents/guardians are invited to a parent night to learn about the BC School System and how to support your child's transition to Kindergarten in Canada on Thursday, April 23rd, 2025, from 5:45pm to 7:00pm at Carson Graham High School. Please see the attached flyer below for more information.

---

---

## Dressing for the Weather



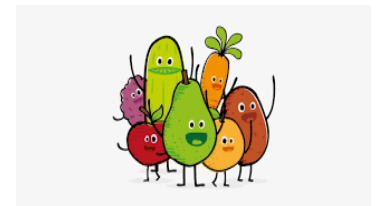
Please make sure your child/children are dressed appropriately for outside play. Students will be outside at lunch and recess **rain** or shine. It is helpful for them to have an extra set of clothes at the school.

---

## 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.

---

## 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.

---



## Weekly Reminders –March 14th, 2025

**Hot Lunch:** Visit [Munchalunch](#) now to place your order for Term 3. Order deadline is 12pm March 28

**After School Programs:** [Register now](#) for Term 3 sessions!

- Tuesday – Lights Up Musical Theatre (K-7)
- Wednesday – YoHo Explorer Youth Academy (K-4)
- Wednesday – Private Coaching Co. (1-4)
- Thursday – Paper Crow Creative (K-7)
- Friday – Tiger's Eye Karate (K-3)
- Friday – Method of Modern Movement (K-3)

**Fresh Air Friday Returns Friday, April 4:** Walk, bike, roll, or Drive to 5 to school – collect a sticker and get a raffle ticket for the prize draw!

**Tip!** Drive to 5 means that if you have to drive to school, park your car a five-minute walk away and walk onto the school ground. A rule of thumb is to try to cross at one crosswalk/intersection. Good drive to 5 parking spots are along Keith Road between Pemberton Ave and Bridgman Ave.

Here are some important PAC reminders for the return to school after Spring Break:

### Important Dates:

- **March 31:** Back to school!
- **April 4:** Hot Lunch!
- **April 4:** Fresh Air Friday is back!
- **April 8:** Start date for Lights Up Musical Theatre After School Program
- **April 9:** Start date for YoHo Explorer Youth Academy After School Program
- **April 10:** Start date for Paper Crow Creative After School Program
- **April 11:** Start date for Tiger's Eye Karate After School Program
- **April 11:** Start date for Method of Modern Movement After School Program
- **April 16:** Start date for Private Coaching Co. After School Program

For any further information or inquiries, reach out to our dedicated team or visit [Capilano PAC's website](#), or follow us on [Facebook](#).

# Understanding the Early Years in BC: Transition to Kindergarten

Newcomer parents/guardians are invited to a parent night to learn about the BC School System and how to support your child's transition to Kindergarten in Canada.



**When:** Thursday, April 23<sup>rd</sup>, 2025 from 5:45pm to 7:00pm  
(Doors open at 5:30pm)

**Where:** Carson Graham High School, 2145 Jones Ave

**Who:** Families who have recently moved to Canada with children up to 5 years of age

Register using the QR code by April 16<sup>th</sup>.

Child minding available for 4-5 year old children. Space is limited.



**CONNECT WITH US**

Website: [www.sd44.ca](http://www.sd44.ca)

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