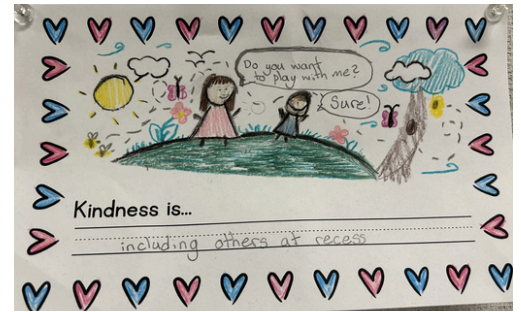


Capilano News

MARCH 2025



Phew! Second term has flown by! It has been a busy and exciting time at Capilano, filled with learning, teamwork, and special events.

Our Grade 6 students had an unforgettable experience at Cheakamus, exploring nature and building lifelong memories. Ms. Denny and I went to visit them while they were there and they were full of stories about all the eagles they had seen and the fun they were having. In addition, our Grade 3s had a fantastic visit to Sku'ne Was, deepening their understanding of Indigenous culture. Everyone enjoyed their time at the Longhouse and were excited to share about their experiences when they returned.

Meanwhile, our Grade 7 staff and students have started the transition process to secondary school and are preparing for the next step in their educational journey.

We've also been fostering school-wide connections through Family Groupings, where students of all ages come together to learn and grow as a community.

Huge congratulations to the Grade 6 and 7 Tripleball teams! From January to March, they worked hard, showing incredible dedication (considering those 7:45 am practices), and it truly paid off as their skills improved by leaps and bounds. Everyone had a blast, played with great sportsmanship, and gave their best effort on the court. While they didn't make it to the finals, the progress they made was impressive! A big shout-out to Ms. Thornhill for coaching the Grade 6 and 7 boys, Ms. Marining for leading the Grade 7 girls, and Mrs. Harnden for guiding the Grade 6 girls.

We also had fantastic support from former students now at Carson—Kara, Maira, and Kai! As Ivy said, "The best part was getting to know the others and learning to work together as a team."

Another big highlight was Pink Shirt Day, where our school came together to stand up against bullying and promote kindness. A big thank you to our Student Leadership Team and Ms. Melnychuk for stepping up and organizing and leading a school-wide assembly for us on this day.

Speaking of kindness, our Kindness Confetti initiative has been spreading positivity throughout the hallways—small acts of kindness truly make a big impact! The school community has collectively earned an extra afternoon recess for this, but we are waiting for a nice day to take part in this. Thank you to Mrs. Farrell for leading this for us.

As a school, we have continued to celebrate Cultural Connections over the past months as well. This is an opportunity for us to recognize and honor the diversity of our Capilano Community. We have come together to learn about and celebrate Lunar New Year, Black History Month, Nowruz, Ramadan and Holi over the past few months. These celebrations help us build a stronger, more inclusive school environment where everyone's culture and traditions are valued.

Thank you to our students, staff, and families for making this term such a success. We look forward to an exciting third term.

Have a great Spring Break everyone!

School Plan Update

We continue to work on our school plan goal of improving the well-being of our students, staff and community. If you are curious, please feel free to check out our school plan document on our school website. We will be coming together as a whole school planning team at the end of April to review our progress, celebrate our successes and consider next steps. Some of what we have been specifically working on this past term includes contextualizing the NVSD Code of Conduct to Capilano, presentations for families, staff and students on the topic of anti-racism, and continuing to raise our student's voices throughout the school. See below for more information.

Code of Conduct - We are Capilano

Last spring, the NVSD launched our new District Code of Conduct for all students from K-12, staff, and families. This document is our overarching Code of Conduct, and throughout this past year, we have been working on how we will contextualize this to Capilano.

We are excited to launch our new Capilano way of being - "We are Capilano."

This will be replacing "Capilano ROCKS." "We are Capilano" is directly connected to our IB PYP Learner Profile. While there are 10 different Learner Profile attributes, our team decided that it really comes down to four of them - open-minded, caring, principled and reflective. These four Learner Profiles capture who we want to be here at school.

Student voice has been front and center in this development process and members of the Student Leadership Team helped us to define what each of these attributes look like in our school. The upper intermediate classes have also been contributing and will be involved in helping us move forward with this.

Starting after Spring Break, we will be launching this with the students. Teachers will be sharing the expectations with classes and doing some direct teaching about them. We will also be doing some fun activities throughout the school to get started with this and to help build the momentum.

Please see the end of this newsletter for the posters we will be sharing with students after the break.

Anti-Racism Work

Thank you to Chantelle Nascimento for leading a very informative Zoom session for parents and staff on the topic of anti-racism and how to support our community with this. Some key take-aways from this presentation included: understanding words have history and can be used as weapons, being aware of your biases, encouraging active by-standing, being aware of what our children are doing online, and modeling anti-racist/anti-discriminatory behaviour.

Our Grades 4-7 classes also participated in presentations on this topic from Get REAL, a Canadian non-profit focused on combatting 2SLGBTQ+ discrimination, racism, and bullying in schools, summer camps, and workplaces.

Student Leadership Team

Our Student Leadership Team has been busy this term. Not only did they lead our Pink Shirt Day assembly, but they also recently had the opportunity to connect with the Student Leaders from Carson Graham.

This past week they had their first meeting. The Carson students came to Capilano and the group did some ice breakers and community building activities and started the conversation about what it means to be a leader.

The two groups will connect again a couple of more times this year to learn from each other and make some great connections between our two schools.

Upcoming Important Dates

April

March 31 - April 2 - Grade 4s to Cheakamus Centre

April 14, 15 and 17 - Talent Show Auditions

April 18 - Good Friday - no school

April 21 - Easter Monday - no school

April 24 - Class Photos

April 25 - Poem in Your Pocket Day

April 28 - Kindergarten and Grade 6 Immunizations;
Talent Show Dress Rehearsal

April 29 - Talent Show - 6:30-7:30

June

June 3 - Swangard Day for Track and Field Finalists

June 13 - PAC Carnival after school

June 21 - Indigenous Peoples Day

June 24 - Grade 7 Farewell Assembly

June 25 - Final Summary of Learning Published

June 26 - Last Day of School for Students

May

May 5 - Professional Day - no school

May 12 - Kindergarten Orientation for New Kindergarten
Families

May 16 - Fun Day

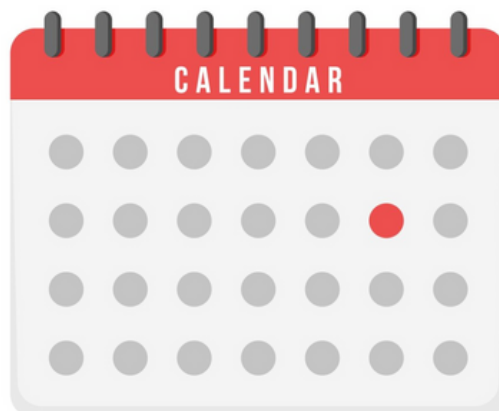
May 19 - Victoria Day - no school

Special Note - Upcoming Student Release Drill

April 17

We will be holding a Student Release Drill in the afternoon on this day. More information to come about this. **The office will be reaching out to families in April if you have not yet completed your forms.**

During the drill, we will be checking these forms and identification to ensure that only the people who have been designated as safe people to pick up are picking up children. **We will not be releasing students to people who are not on the approved list.**



We Are Capilano

WE ARE CAPILANO



CARING

WE...

- MAKE A POSITIVE DIFFERENCE IN THE LIVES OF OTHERS.
- TAKE CARE OF OURSELVES AND OTHERS.
- ARE KIND AND POLITE.
- THINK ABOUT HOW OTHERS FEEL.
- KEEP YOUR BODIES TO OURSELVES.
- TAKE CARE OF OUR SCHOOL AND ITS RESOURCES.
- WELCOME INCLUDE EVERYONE.
- ENCOURAGE AND SUPPORT OTHERS.

WE ARE CAPILANO



OPEN-MINDED

WE...

- ARE OPEN TO NEW IDEAS AND WAYS OF THINKING.
- THINK ABOUT HOW OTHERS FEEL.
- RESPECT OTHER PEOPLE AND THEIR PERSPECTIVES.
- TRY NEW THINGS.
- LISTEN TO DIFFERENT IDEAS.
- LET OTHERS BE THEMSELVES.
- HELP OTHERS AND FORGIVE MISTAKES.
- SHARE OUR THOUGHTS AND LISTEN TO OTHERS.
- LEARN AND GROW TOGETHER.



WE ARE CAPILANO



PRINCIPLED

WE...

- DO THE RIGHT THING, EVEN IF NO ONE IS WATCHING.
- TELL THE TRUTH.
- THINK ABOUT HOW WE MAKE OTHERS FEEL.
- TAKE CARE OF SCHOOL THINGS AND SPACES.
- TAKE RESPONSIBILITY FOR OUR ACTIONS.
- MAKE AMENDS WHEN WE MAKE A MISTAKE.
- GIVE PEOPLE SPACE WHEN THEY NEED IT.
- USE TECHNOLOGY APPROPRIATELY.
- LISTEN TO OTHERS.
- MAKE SAFE CHOICES.

WE ARE CAPILANO



REFLECTIVE

WE...

- THINK ABOUT WHAT WE SAID AND DID.
- MAKE THINGS RIGHT IF WE MAKE A MISTAKE.
- LEARN AND GROW FROM OUR MISTAKES.
- THINK ABOUT HOW OTHERS FEEL.
- TAKE RESPONSIBILITY FOR OUR ACTIONS AND CHOICES.
- UNDERSTAND HOW OUR ACTIONS AFFECT OTHERS.

