

Capilano News

MARCH 2026



Hello Capilano Families!

Another term has come and gone in the 2025-2026 school year, and we are excited to welcome Spring! It has been a busy few months around here. Our Grades 4 and 6 students have gone to Cheakamus Centre. Both groups had tons of fun and made lots of memories. Our Grade 3s will be visiting there shortly after we return from Spring Break, taking part in the Longhouse program for a day. We are sure they will come back full of stories to share.

Triple Ball also happened for the Grade 6 & 7 students. The Grade 7 boys team made it to the FOS tournament and the girls played in an end-of-season exhibition. Congratulations to all the students who participated.

At the end of February, a group of our amazing Grade 2s planned and led our Pink Shirt Day Assembly for the whole school. These risk-takers showed tremendous leadership and had no problem speaking in front of everyone. They confidently shared their message of kindness and it was well received.

Playground leaders have started again, and we have a very keen group of students from Grades 4-7 leading games outside at recess and lunch. Lots of students are taking part and keeping those leaders busy! Also, thanks to support from our PAC, we started an Outdoor Equipment bin for Grades 6 and 7 classes. In the bin are all sorts of things to keep them busy.

Our Behaviour Support Worker has been doing some intentional teaching about soccer with our primary classes to reinforce the 'soccer rules' at school and to

remind everyone that we are here to have fun playing soccer at school. She has been supported by some Grade 7 Junior Coaches and we look forward to adding the Kindergarten classes into this after the break.

We have also learned about and celebrated a number of cultural celebrations this term. This included Lunar New Year, Ramadan, Holi and Nowruz.

Students have worked hard in terms of our Code of Conduct work. We have been focusing on being principled - doing the right thing, even when it's hard, and even when no one is watching. As with our Caring campaign, students have been earning stickers and have been filling up our school pom-pom jar, working towards a whole school reward. This time, since the work was around being principled, it was only fitting that the reward should be connected to the principal. So...I have been wearing a costume every day this week to celebrate. It's been fun seeing the students' reactions to my outfits! After the break, we will be switching our focus to being open-minded. Look for new stickers coming home soon.

Lastly, we have some staffing updates to share with the community. We are looking forward to welcoming Melissa Rekve, one of our EAs, back from leave when we return from the break. Ricardo Talay, another EA, has retired, and Ms. Vo will be leaving us on Maternity Leave. April 2 will be her last day with us, and Ms. Haney will be taking over the class for the rest of the year.

Have a wonderful break, and see you all on March 30th!

MRS CLARK AND MS DENNY



School Plan Update

We are continuing to work on our school plan goals this term. Our first goal focuses on improving well-being with three objectives: 1) for the students, we are working on improving friendship and problem solving skills; 2) our staff is working on building stronger connections among staff and between staff and students, and 3) we are working on increasing our community involvement. We want to thank all the families who have participated in our communication survey, and look forward to receiving more responses over the break. Click [Communication at Capilano](#) to participate.

We have also added a goal that focuses on literacy. Primary and Intermediate teams are working on different objectives around this, but are aimed to improve literacy outcomes for all students.

Student Leadership Team

Well-Being Projects



The Student Leaders continue to be hard at work. They have planned and supported a couple of school-wide spirit days, as well as started a new club.

Our Youth Engagement Worker, Ms. Sheena, and our new counsellor, Mme. Noori are starting up two new projects for our students.

Crafting Club has started up this past term and is growing every time we host it. Thanks to the leadership of the students, supported by Mrs. Farrell and Ms. Pena, kids in all grades are having fun making things like friendship bracelets, crochet projects and melty bead crafts.

One such project is Rainbow Club for students and allies of the LGBTQ+ community. It will be a place for students to eat their lunch, play games and hang out.

The other project is to create a mental health well-being hub in the school, with information and resources for intermediate students to access. Grade 7 students will be involved in setting it up with Madame Noori and Ms. Sheena.



Capilano Cougars Logo

Black History Month

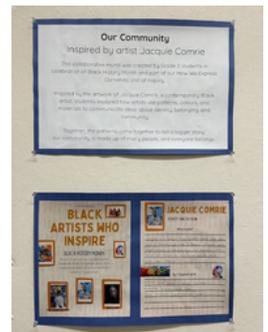
On March 30, we will be hosting a ceremony to unveil the new Capilano Cougars logo to the community. This is an Indigenous ceremony that will include a lot of learning for students, including Indigenous protocols around this important work.

February was Black History Month, and Capilano staff and students honoured this by celebrating the accomplishments of Black Canadians and other important historical figures.

Special thanks to Lyle Williams, a Squamish Nation artist who has designed the logo, our PAC and to Chris and Jenn Lewis, who have supported the process.

Classes, including the library, music room and office, each chose a notable person and created displays to help us all learn more about them. Classes decorated their doors and bulletin boards around the school. Students learned many interesting new things.

We look forward to sharing the logo with you all after the ceremony.



Parent Resources

North Vancouver
RCMP
ROYAL CANADIAN MOUNTED POLICE

Safe E-Scooter Riding

- Safe speed ✓
- Safety helmet ✓
- Single rider ✓
- Age 16+ ✓
- Riding in a designated cycling lane ✓
- Lights and bell ✓

30 km/h

city of north vancouver

ICBC

NORTH VANCOUVER

Scan here for more e-scooter rules and safety info

North Vancouver
RCMP
ROYAL CANADIAN MOUNTED POLICE

E-Scooter Safety Violations

- More than one rider \$109 fine ✗
- Riding without helmet \$29 fine ✗
- Must be 16 or older to ride \$109 fine ✗
- Riding dangerously \$109 fine ✗
- Riding on sidewalk \$109 fine ✗
- Exceeding speed limit \$138-\$368 fine ✗

30 km/h

city of north vancouver

ICBC

NORTH VANCOUVER

Scan here for more e-scooter rules and safety info



Impact North Shore is a local organization that supports immigrants to thrive in Canada. It offers many services to support immigrants, as well as hosts workshops to help navigate the school system. We encourage families to check it out at www.impactnorthshore.ca



Foundry offers free and confidential mental health and wellness services for youth ages 12-24, and their families. Check them out at www.foundrybc.ca

Upcoming Important Dates

March



March 30 - School re-opens

April



April 1 - Grade 3s to Cheakamus Centre

April 3 - Good Friday (no school)

April 6 - Easter Monday (no school)

April 8 - PAC Meeting

April 29 - Kindergarten and Grade 6 Immunizations

April 30 - Class Photos

May



May 4 - Professional Day (no school)

May 13 - Zone Track Meet at Sutherland in the afternoon; PAC Meeting

May 15 - Fun Day

May 18 - Victoria Day (no school)

June



June 2 - Swangard Day for Track and Field

June 17 - PAC Meeting

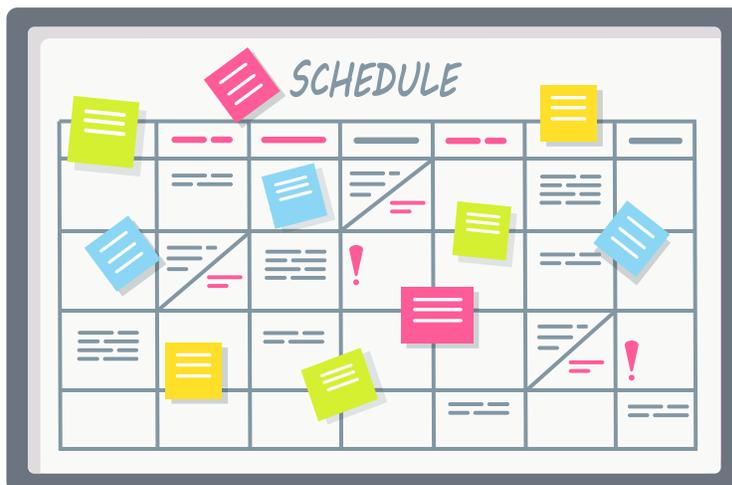
June 23 - Grade 7 Farewell Assembly

June 24 - Summaries of Learning published

June 25 - Last day of classes for students

Did You Know?

You can find the complete school calendar on the [Capilano website](#).



We Are Capilano

WE ARE CAPILANO




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




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




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




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.