



Week at a Glance: March 3 - 7

What's happening at Larson?
March 3 - 7

Mon	Tue	Wed	Thu	Fri
 Rainbow Protectors 12:25 pm Parent Teacher Conferences Early Dismissal at 1:51pm	Homework Club 8:15am in the Library	Parent Teacher Conferences Early Dismissal at 1:51pm Grade 4 Students leave for Outdoor School	 Les Orques de Larson Larson Orcas	Homework Club 8:15am in the Library Grade 4 Students return from Outdoor School Hot Lunch Pizza & TCBY

Upcoming Dates:

- Mar 08 - International Women's Day
- Mar 14 - Last day before Spring Break
- Mar 17 - 28 - Spring Break **(NO SCHOOL)**

- Mar 20 - Nowruz

Intention of the Week:

I will stop, think, and then react.

Stop. Think. Act!



Je vais arrêter et penser avant de réagir.

Information & Updates:

GRADE 4 OUTDOOR SCHOOL

Grade 4 students will be heading to outdoor school at the Cheakamus Centre this week! For easy access, we have included the packing list. Below is some important information for parents.

Leaving Larson - Wednesday, March 5th (the bus will depart from Larson for the Cheakamus Centre at 9:00 am. Students should arrive around 8:45 am that morning to check-in with teachers outside).

Returning to Larson - Friday, March 7th (the bus will leave the Cheakamus Centre at 1:30 pm and should arrive back at the school by 2:51 pm, potentially a bit earlier).

If you have any additional questions, please reach out to your classroom teacher.





Outdoor School Student Packing List

Sleeping Gear

- ☐ Warm sleeping bag
Cabins are heated overnight
- ☐ Pillow and case
- ☐ Fitted sheet – optional - helps keep sleeping bag from sliding on mattress

Personal Kit

- ☐ Day pack
- ☐ Water bottle
- ☐ Towel and washcloth
- ☐ Hairbrush
- ☐ Toiletries – toothbrush and toothpaste, shampoo and soap, lip balm, sunscreen, etc.)
- ☐ Personal medication – if required
- ☐ Book for free time - optional
- ☐ Plastic bag for wet clothes
- ☐ Pencil / other teacher-requested items

Clothing

- ☐ Warm shirts - 3 or 4
- ☐ Warm pants - 2 or 3
- ☐ Toque/warm hat
- ☐ Mitts or gloves
- ☐ Long-sleeved sweater/fleece - 1 or 2
- ☐ Warm socks – 1 pair per day plus extra
- ☐ T-shirts and shorts - if warm weather
- ☐ Sun hat & sunglasses – if sunny
- ☐ Underwear – 1 per day plus extra
- ☐ PJs
- ☐ Warm jacket
- ☐ Waterproof rain jacket with hood
- ☐ Waterproof rain pants
- ☐ Warm waterproof boots
- ☐ Sturdy walking shoes
- ☐ Indoor shoes - to wear at meals

Please note:

- Students must be able to carry their bag
- Quantities of above items vary depending on length of program
- Consider packing snow pants & snow boots for winter programs.

PLEASE DO NOT BRING:

- * Perfumes and other heavily scented products – potential allergen
- * Aerosols – spray deodorant, hairspray
- * Flashlights/headlamps
- * Electronics/cell phones, money, knives
- * NUTS – we are a nut-restricted facility
- * Outside food items – unless arranged with our kitchen



Remember to ask yourself, will I be warm and dry?



Appropriate clothing is very important for your enjoyment, comfort, and safety. Our recommended fabrics are as follows:

- **Wool:** provides excellent insulation in cold, wet weather and retains insulating value even when wet.
- **Synthetics** (e.g. polyester, fleece): also provide excellent insulation in cold wet weather, and retains insulating value when wet - somewhat lighter, more compact and faster drying than wool.

The weather at Cheakamus Centre is often colder and wetter than North Vancouver. Even on warm days, the weather may turn cold and wet in a matter of hours or rain may persist throughout an entire ODS program.

Always check the Squamish forecast prior to your program, and pack accordingly.

We strongly recommend packing wool or synthetic clothing and waterproof gear (jacket, pants, and boots).



PARENT-TEACHER CONFERENCES

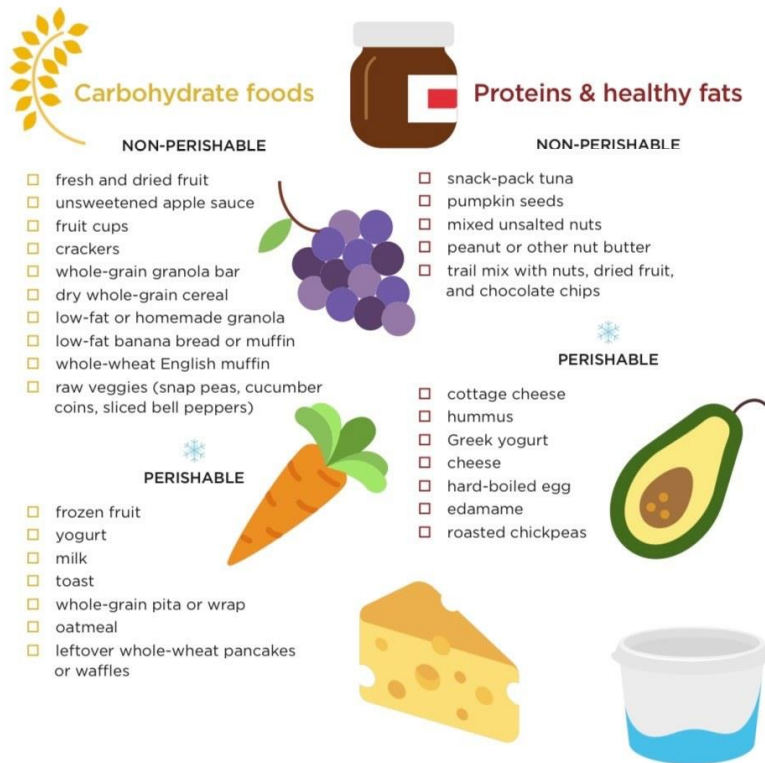
A friendly reminder that today is the last day to book Parent-Teacher conferences. Click [HERE](#) to book an appointment now.

**Please note that March 3rd and 5th will be early dismissal days (1:51 pm).*

HEALTHY SNACK

As parents, we strive to make lunchtime fun and healthy but it can sometimes be hard to find the balance. Looking for some new lunch/snack ideas? Please check out this helpful [list](#).

Simple but healthy snack ideas for active kids



Homemade kid-friendly snacks can be simple, fast, and nutritious! Find more information about fuelling your young athlete at activeforlife.com

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UNDERSTANDING AND GUIDING YOUTH IN ONLINE GAMING

PSSG is excited to share this learning opportunity from Public Safety Canada:

This session will explore strategies to protect children from sexual exploitation and abuse within online gaming environments, providing practical guidance and expert perspectives. The webinar

is facilitated by GamerSafer, a safety tech company focused on protecting players and gaming communities from digital risks and harms.

Targeted participants: Parents, caregivers, educators and civil society organizations.

This session will be hosted on Zoom. To register, please click on the link below. You will then receive a confirmation email with login details.

[CLICK HERE TO REGISTER](#)



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. More information about the homestay program is available on the [International Education](#) section of the school district website.



Reminders:



PLEASE...NO DOGS ON SCHOOL PROPERTY

While we would love to welcome our four-legged friends onto the school grounds, please be reminded that there is a no-dog policy in place on any school district property throughout the province. Some children are allergic to dogs, while others can often be frightened of them. Even when leashed or tethered, dogs can be unpredictable. We have had several “calling cards” left on the playgrounds before or after school hours - not pleasant for anyone who may step or slide into them. Thank you in advance for helping us maintain a safe and pleasant environment for all members of our school community. Dog friendly parks in North Vancouver can be view [here](#).

Click [HERE](#) for the NVSD policy.

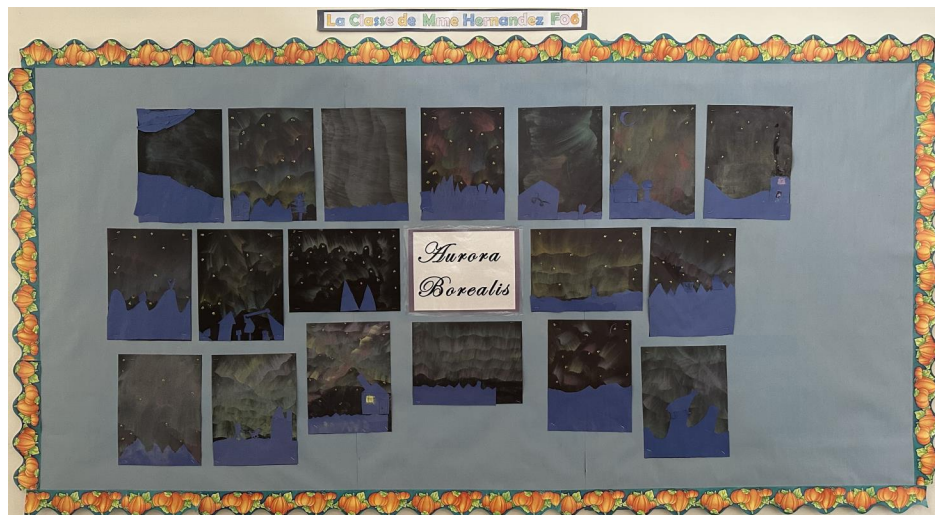
Celebrating Student Learning:



SALMON WELCOMING

Every year, salmonids arrive at NVSD schools. The salmon are welcomed following local Indigenous process and protocol, with song, cedar and stream water. This an exciting opportunity for students to learn about the salmon lifecycle and their importance in Indigenous culture.

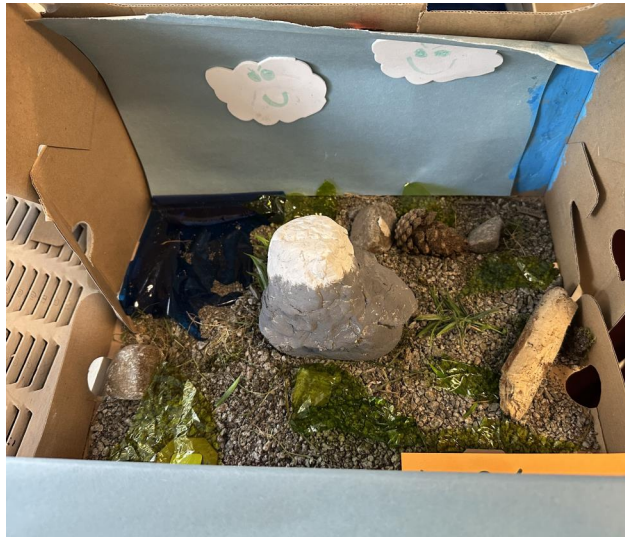
Included is a colourful salmon lifecycle board with more information. **A big thank you to Ms. Brenda for creating this wonderful visual for our school!**



1 - Artwork from Division F06 (Mme. Hernandez)

A few sample projects on the rock cycle from Division F04 (Mme. McCurrach/Mme. Terrillon)





Message from PALS:



FRIDAY HOT LUNCH!

- **Order Here:** MUNCHALUNCH.COM
- **What is Munchalunch Hot Lunch?** Pre-ordered meals delivered to your child's class every Friday. Lots of options! Pizza, subway sandwiches, sushi and many snacks and drinks.
- **The deadline to order is always Thursday one week prior.**

MABEL'S LABELS – AN ONGOING FUNDRAISER

- **Order labels at** MABEL'S LABELS
- **Select 'Support a Fundraiser' and search for Larson PALS (North Vancouver).**
- **20% of the proceeds will be given to PALS to help our school!**





RED CROSS FIRST AID COURSES - AN ONGOING FUNDRAISER

- Stay Safe Course (age 9-13)
- Babysitting Course (age 11-15)
- Home Alone Course · Course information can be found [HERE](#)
- Enter code LARSON when you register, and the school will earn \$8

TRU EARTH ECO FRIENDLY PRODUCTS - AN ONGOING FUNDRAISER

- Click [HERE](#) to shop!
- BC based company. Lots of products to choose from!
- Laundry detergent, dryer balls, cleaners, natural dishcloths, straws, beeswax items and more!
- **20% of all proceeds will fund Larson programs via PALS**





[STAY UP-TO-DATE BY JOINING LARSON PALS FACEBOOK!!](https://www.facebook.com/LarsonPALS)

