



# ÉCOLE LARSON ELEMENTARY

## Weekly Newsletter

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LARSON WEBSITE

### WEEKLY INTENTION



*My confidence grows when I step out of my comfort zone.*

*Ma confiance augmente lorsque je sors de ma zone de confort.*

### UPCOMING DATES

- **Black History Month**  
February 1
- **International Inclusive Education Month**  
February 1
- **Tripleball Game**  
February 2
- **International Day of Women and Girls in Science**  
February 11
- **District (NVTA) Pro-D Day**  
February 13
- **Valentines Day**  
February 14

### ORCA VALUES

Kindness  
Compassion  
Protection  
Intelligence

### LARSON'S WEEK AHEAD

Monday	Tuesday	Wednesday	Thursday	Friday
Boys Tripleball Practice 12:20pm  Choir Practice 12:20pm	<b>International Holocaust Remembrance Day</b> Floor Hockey Practice 12:20pm  Floor Hockey Game at Cleveland 3:30pm  Girls Tripleball Play Day at Queenmary (optional practice 3:30pm)	Girls Tripleball Practice 12:20pm  Choir Practice 12:20pm	Reading Link 12:00pm in the library  JEDI Club 12:00pm in the LST room  Tripleball Practice 12:20pm for ALL Gr. 6/7 teams	Hot Lunch <b>Subway + Booster Juice</b>  Floor Hockey Practice 12:20pm

### MESSAGE FROM THE PRINCIPAL

Our students have started the year with wonderful enthusiasm and a strong sense of responsibility. Their commitment to our **Orca Values—Kindness, Compassion, Protection, and Intelligence**—has made a real difference and we were happy to celebrate their efforts with an extra recess last week.

We're entering a full but very rewarding season with the start of Tripleball, the JEDI Club, Choir, and other activities now underway. It's a great chance for students to get involved and explore new interests.

**Thank you for your ongoing support. Together, we help create a caring and engaging school environment for all.**

#WEAREORCAS





Stay tuned for more details about Larson's Spring Concert!

**Please note:** Due to limited space in our gym, we are currently inviting parents and guardians only.

#### AM CONCERT

**11:00 am to 12:00 pm**

E10, E09, E08, E04, E02, E01, F09, F07, F06, F05, F03

#### PM CONCERT

**1:20 pm to 2:20 pm**

E07, E06, E05, E03, F12, F11, F10, F08, F04, F02, F01



#### HOMESTAY FAMILIES NEEDED

Each year, the North Vancouver School District welcomes students from around the world to live and study in our vibrant community in the International Program. We strive to place secondary school international students with families who live close to school to support each student's integration into the school and wider community.

We have secondary school international students in need of a homestay placement for the school terms beginning February and September 2026, and February 2027.

If you are interested in hosting an international student, please reach out to the 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.

#### LITTERLESS LUNCH - Pack-in-Pack-out



- **Bring it Home** - All packaging, uneaten food, and scraps go back home with your child. This includes Munch-A-Lunch packaging, except for liquids like milk, ice-cream, and yogurt.
- **Zero-Garbage Lunches** - Use reusable containers, snack bags, and drink bottles instead of single-use packaging.
- **Reusable is Key** - Send washable containers and a sealable bag for leftovers or compostable scraps.



#### BAND AND STRINGS FOR THE 2026-2027 SCHOOL YEAR



Band & String registration is open for students in grades 4-7. **Please note**

**that the ability to offer a program at Ecole Larson is contingent on several factors:**

- **Enrolment** - The Band and Strings program operates on a cost-recovery basis, funded directly through registration fees. Students in grades 3-6 will see Strings Program fees added to their School Cash Online for the Strings Program. Participation in this program is optional.
- **Staffing** - Within the NVSD, equity across schools is a priority. To ensure all schools receive programming, those requesting a second program may not be granted both Band and Strings, regardless of enrollment.
- **Physical Space and Scheduling** - Each school must have the physical space and scheduling capacity.

Details can be found on the [Elementary Band and Strings' webpage](#).

Click [HERE](#) for more information.

## HEAD LICE PROCEDURES FOR STUDENTS AND FAMILIES



Head lice are common in schools but do not spread disease and are not a public health risk. Our focus is on managing lice effectively while minimizing disruption and stigma.

### What to Do:

- Learn more about head lice [click here](#)
- Check your child's hair regularly in a well-lit area using conditioner and a fine-toothed comb. Pay close attention to the scalp, behind the ears, and the nape.
- If you find lice, check all household members and treat only those affected using one of the recommended methods (shampoo/rinse, wet combing, or spray).
- Notify the school if your child has head lice.
- Recheck after a few days—lice can be missed the first time.

For more details or support, contact Vancouver Coastal Health.



### The New Bulletin Boards in Our Main Entrance are Here!

We're excited to share that three new bulletin boards have been installed just inside the main entrance near the gym! These boards are designed to keep our school community informed, connected, and engaged.

- **Parent Information Board:** A central spot for important announcements, upcoming events, and helpful resources for families.
- **Meet the Staff Board:** A refreshed and updated display where you can get to know the wonderful team supporting our students each day.
- **PALS Board:** A dedicated space to highlight our PALS program where PALS can share updates throughout the year.

## MANAGING TRAFFIC AND PARKING



**Please do not park in the accessible parking spots near the kindergarten classrooms unless you have a valid permit displayed.** These spaces are reserved for individuals who require them and keeping them available ensures that all members of our school community can access the building safely and comfortably.

**Please do not park or stop in the designated "No Stopping" zone located at the front of the school.**

Additionally, vehicles must not be left unattended in areas marked as "No Parking". These zones must always remain clear to ensure safe access for emergency vehicles, and smooth drop-off and pick-up for students.



Traffic congestion before and after school continues to be a concern, and we ask for your patience and cooperation.

If issues arise, please respond with kindness, especially in front of children. A calm and respectful approach helps ensure the safety and well-being of all our students and families.



### REMINDER FOR STUDENTS

**Bring Your Cutlery!** Please remember to pack your own cutlery for lunch.



**The office does not have extra cutlery to give out**, so it's important to bring your own. **The Fun Lunch team also does not provide cutlery** so please keep this in mind for Fun Lunch days. This small action helps reduce waste and keeps our school eco-friendly.

**Thank you for being prepared and responsible!**

## ◆ CAREGIVER WORKSHOP



### BUILDING FAMILY SKILLS TO SUPPORT ANXIOUS KIDS

#### ABOUT THIS SERIES

This in person workshop supports Caregivers of elementary aged students who experience anxiety & worry. Caregivers will learn practical, research based tools to reduce anxiety driven patterns, strengthen connection, and support gradual 'brave steps' that build confidence.

Jan 29; Feb 5, 12, 19, 2026

6:30- 8:00 P.M.

Larson Elementary, 2605 Larson Road, North Vancouver, V7N 3W4

#### WHAT TO EXPECT



Nervous System Education

Guided Skills practice

Practical take-home handouts

Presenter **Heidi Benoit**, is a Registered Clinical Counsellor who holds a Master's Degree in Education. She has worked in public schools as a Teacher and School Counsellor for 27 years. She is a proud mom of two kids ages 17 & 19.

[Click to Register](#)

## MESSAGE FROM PALS:

*This section is provided by Larson PALS. Programs, events, and fundraisers listed below are organized by parent volunteers to support the Larson school community.*

### SAVE THE DATE: SPRING CONCERT

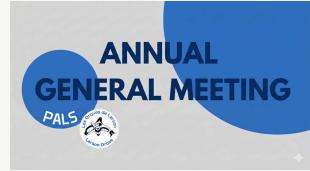
**The Spring Concert** is scheduled for **Thursday, February 26**. More details will be shared soon. Please save the date so families can plan ahead.

We are also looking for volunteers to help create decorations for the concert.

**If you are available to help, please email [larsonpals1@gmail.com](mailto:larsonpals1@gmail.com).**

### UPCOMING PALS MEETINGS

Please mark your calendar for our upcoming Larson PALS meetings:



- **Tuesday, February 24, 2026**
- **Tuesday, April 14, 2026**
- **Tuesday, May 12, 2026**
- **Tuesday, June 2, 2026 (ANNUAL GENERAL MEETING, AGM)**

### SUPPORTING STUDENTS

NVSD has shared resources to support students who may be affected by distressing global news. Students may be exposed to upsetting global news through media, social media, and conversations, sometimes without the context or emotional support needed to process what they see and hear. Even when events are far away, children can be affected and this may show up as worry, big emotions, or difficulty focusing. NVSD schools are supporting students with predictable routines, calm spaces, and opportunities to talk, reflect, or take a break when needed.



#### Helpful resources:

- Foundry Virtual BC: <https://foundrybc.ca/foundry-virtual-bc/>
- SD44 Social Emotional Learning and Mental Health: <https://www.sd44.ca/sites/SEL/Pages/default.aspx#=/=>

### THANK YOU, LARSON FAMILIES!

A huge thank you to everyone who supported our **Spirit Wear fundraiser!** With your help, **we raised just over \$1,100 to support school-wide programs.** We loved seeing so much school spirit and can't wait to spot all the cozy new gear around the halls!

### STAY IN THE LOOP

To stay connected with the Larson PALS community and receive timely updates, reminders, and announcements, please follow the [Larson PALS Facebook page](#).