



# ÉCOLE LARSON ELEMENTARY

## Weekly Newsletter

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LARSON WEBSITE

### WEEKLY INTENTION



### UPCOMING DATES

- **Spring Break**  
March 16 - 27
- **Eid al-Fitr**  
March 19
- **Nowruz**  
March 20
- **Two-Spirit, Indigenous 2SLGBTQIA+ Celebration and Awareness Day**  
March 20
- **Spring Equinox**  
March 20
- **First Day Back at School**  
March 30

### ORCA VALUES

Kindness  
Compassion  
Protection  
Intelligence

### LARSON'S WEEK AHEAD

Monday	Tuesday	Wednesday	Thursday	Friday
Maple Man  Choir Practice 12:20pm  Grade 3 Skw'one-was Parent Night 6:30pm in the library		Rainbow Protectors 12:00pm  Choir Practice 12:20pm  Learning Updates Published	JEDI Club 12:00pm in the LST room	Crepe Breakfast  <b>Hot Lunch</b> Sushi

### MESSAGE FROM THE PRINCIPAL

As we approach the final week before Spring Break, our school is buzzing with excitement and a wonderful sense of accomplishment. Students have been working hard, supporting one another, and showing great school spirit as we wrap up this part of the year together.

This week, we will enjoy the fun and spirit of **Carnaval**, Quebec's winter festival. From lively activities to delicious treats, it will be a joyful way for our school community to celebrate the season.

To families who are celebrating, we wish you a very **happy Nowruz and joyful Eid al-Fitr**. May these special days bring warmth, peace, and connection.

We also send our very best to the athletes competing at the **Paralympic Games**—we are cheering you on and inspired by your dedication.

With Spring just around the corner, we are all looking forward to the fresh start that awaits us after the break. **A reminder that Spring Break begins after this week, and classes will resume on Monday, March 30.**

**#WEAREORCAS**

## CARNAVAL AT LARSON

Our school is excited to celebrate Carnaval de Québec, Québec’s famous winter festival.

To bring the spirit of this cultural festival to our school community, students will **enjoy a visit from the Maple Man, a delicious crêpe breakfast, and fun skating field trips. Classes will also take part in traditional dance lessons led by Mme Cynthia**, giving students a hands-on way to learn about the culture, music, and heritage connected to the Carnaval.

It’s a wonderful way for us to embrace Canadian winter traditions and celebrate together!



### CREPE BREAKFAST – PARENT VOLUNTEERS NEEDED

We will be celebrating Carnaval with a festive treat on the morning of **Friday, March 13**, and we are looking for parent volunteers.



If you are available to help, please [sign up here](#).

### LEARNING UPDATES PUBLISHED THIS WEEK



Learning Updates will be available **Wednesday, March 11**. Families will receive an email once they are published.

Please ensure your Parent Portal login is working ahead of time.

[Click here](#) for tips & more information.



Beautiful Nowruz display by the office, created by Larson parents. Thank you for sharing this with our school!

## THE IMPORTANCE OF PROPER NUTRITION

**Proper nutrition is essential for school-aged children, as it supports their growth, learning, and overall well-being.**



During these important years, children’s bodies and brains are developing rapidly, and the food they eat directly affects their energy, concentration, and long-term health.

A balanced diet for school-aged children should include:

### 1. Fruits and Vegetables

These offer important vitamins, minerals, and fibre that support immunity and healthy digestion.

**Examples: Apple slices, carrot sticks, berries, cucumbers, steamed broccoli.**

### 2. Whole Grains

Whole grains provide long-lasting energy to help children stay focused throughout the school day.

**Examples: Whole-grain bread, oatmeal, brown rice, whole-grain pasta, whole-grain wraps.**

### 3. Lean Proteins

Protein supports growth, muscle development, and helps children feel full longer.

**Examples: Chicken, eggs, fish, tofu, beans, lentils, yogurt, cheese.**

### 4. Healthy Fats

Healthy fats are important for brain development and nutrient absorption.

**Examples: Avocado, nuts and seeds (if permitted at school), olive oil, sunflower seed butter.**

### 5. Hydration

Staying hydrated helps children think clearly and stay energized. Water is the best choice.

**Examples: Reusable water bottles filled with water, milk, or fortified non-dairy beverages.**

Small, consistent choices—such as packing balanced lunches or offering fruits and vegetables at snack time—can help children develop strong, healthy eating habits that support them both in school and at home.

[Click here](#) for some tasty and healthy snack ideas!





**FOOD DELIVERIES AT SCHOOL**

To help maintain a safe and focused learning environment, our school does not allow food deliveries from services such as Uber Eats, SkipTheDishes, DoorDash, or similar companies.

These deliveries can be disruptive to learning and are not aligned with our safety policies, which aim to limit non-authorized adults on school grounds. They may also encourage students to leave the building to meet delivery drivers, which is not permitted during the school day.

**Families are still welcome to drop off lunches at the office if needed.**

If a student forgets their lunch, please don't worry — **we have food available at school** to ensure every child is supported.

**Thank you for your cooperation and understanding.**



**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.



**Two-Spirit,  
Indigenous  
2SLGBTQIA+  
Celebration and  
Awareness Day**  
March 20, 2026



**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.*

**CALL FOR VOLUNTEERS: CARNAVAL**

We are excited to celebrate Carnival at Larson again this year – and we need your help to make it a success! **We especially need help making crepes for Friday’s crepe breakfast.**

If you are available to help, please [sign up here!](#)



**TWO RIVERS MEATS FUNDRAISER**

Stock your freezer with quality local meats and support Larson at the same time. Help us reach our \$1000 fundraiser goal.

**Orders are now open and will continue until March 16th.**  
**Pickup: March 30th (details will be in your confirmation email)**

[CLICK TO ORDER HERE](#)



**DONATE YOUR SPORTS EQUIPMENT**

Spring cleaning is close, and we would love your gently loved sports equipment.

We are looking for gently used equipment to support outdoor, unstructured play during recess.

**Needed items are soccer balls, footballs, volleyballs and softballs (all approx. 6-12” diameter) as well as youth baseball gloves suitable for kids 10-12yrs.**

We will begin collecting these items soon.

**More info to come.**

Larson PALS  
**Upcoming Events** 2026

Spring

WEEK OF MAR <b>09</b>	<b>Carnaval</b>
APRIL <b>17</b>	<b>Spring Dance</b>
MAY <b>17</b>	<b>Canadians Game</b>
JUNE <b>13</b>	<b>Larsonpalooza</b>
COMING SOON	<b>Sports Equipment Ball Drive</b>

[MORE INFO TO COME](#)

**MARK YOUR CALENDARS**

**Glow in the Dark Dance** – Friday April 17th  
 Stay tuned for ticket release announcement.

**Larsonpalooza**, our big fair is returning on Saturday June 13<sup>th</sup>. Volunteers still needed. Join the team!

**Canadians Baseball Game** – Sunday May 17th  
 Stay tuned for ticket release announcement.