



# ÉCOLE LARSON ELEMENTARY

## Weekly Newsletter

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LARSON WEBSITE

### WEEKLY INTENTION



### UPCOMING DATES

- **Track & Field Zone Qualifications (Sutherland)**  
May 12
- **Math Festival**  
May 14
- **Emergency Student Release Drill**  
May 15
- **International Day Against Homophobia, Transphobia and Biphobia**  
May 17
- **Victoria Day (School not in session)**  
May 18
- **Track & Field Zone Qualifications (Highlands)**  
May 20

### ORCA VALUES

Kindness  
Compassion  
Protection  
Intelligence

### LARSON'S WEEK AHEAD

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Music Monday</b></p> <p><b>Professional Development Day</b> (Students not in attendance)</p>	<p><b>Red Dress Day</b></p> <p>Long/Triple Jump 12:20pm</p> <p>Volleyball Club 3:00pm</p> <p>Field Mini Meet @ Highlands for Grade 4/5 3:30-5:30PM</p>	<p>Kindergarten Outdoor Learning @ Mahon Park</p> <p>Grade 6/7 Sprints 8:00am</p> <p>Rainbow Protectors</p> <p>High Jump 12:20pm</p> <p>Long Distance 2:55pm</p> <p>Field Mini Meet @ Highlands for Grade 6/7 - 3:30-5:30PM</p>	<p>Shotput 8:15am</p> <p>Long/Triple Jump 12:20pm</p>	<p><b>Hot Lunch</b> Pizza + TCBY</p>

### MESSAGE FROM THE PRINCIPAL

As we begin the month of May, there is a lot happening at Larson this week. A friendly reminder that Monday is a Pro-D Day, and students will not be in attendance.

This week, we will also recognize Music Monday and observe Red Dress Day. On Red Dress Day, we honour and remember Missing and Murdered Indigenous Women, Girls, and Two-Spirit people. This day provides an important opportunity for learning, reflection, and showing our continued commitment to awareness, respect, and reconciliation.

Track and Field season continues to be in full swing, with two Mini Meets taking place this week.

#WEAREORCAS

## UPCOMING STUDENT RELEASE DRILL

On Friday, May 15 at 1:30pm our school will be conducting a **Student Release Drill** as part of our ongoing commitment to student safety and emergency preparedness.



Families are encouraged to review the **Student Release Frequently Asked Questions (FAQ)** section for additional information about the process and how to prepare:



[Student Release FAQ](#)

## RED DRESS DAY

Red Dress Day is observed across Canada to honour and remember Missing and Murdered Indigenous Women, Girls, and Two-Spirit people.



The day originated from the REDress Project, an art installation created in 2010 by Métis artist Jaime Black, who displayed empty red dresses in public spaces to represent those who are missing and to raise awareness of this ongoing national tragedy.

In recent years, there has been growing national discussion about the creation of a Red Dress Alert, an Indigenous-led emergency alert system being considered in Canada to help respond more quickly when Indigenous women, girls, and Two-Spirit people are reported missing.

Students will learn about the meaning of Red Dress Day in age-appropriate ways in their classrooms through learning and reflection. **We ask that students wear red on Tuesday to honour this day.**

Learn more [here](#).



## SCREEN TIME & STUDENT LEARNING



Screens are a part of daily life for children at home and at school, but too much recreational screen time can impact brain development, learning, sleep, and overall well-being.

**Recent Statistics Canada data shows that only 44% of Canadian children consistently meet recommended screen-time guidelines.** Children who exceed these limits are more likely to experience challenges with sleep, attention, behaviour, and learning, while those who stay within guidelines report better mental health and stronger school outcomes.

When screen time replaces activities such as outdoor play, reading, creative play, and face-to-face interaction, it can impact key skills like focus, memory, language, and self-regulation—all essential for classroom learning.

### What Experts Recommend

#### The Canadian Paediatric Society advises:

- No screen time for children under 2 (except video chatting)
- Less than 1 hour per day for children aged 2–5
- For school-aged children, focus on balance, quality, and healthy limits, rather than strict time rules

### Tips for families

- Set screen-free times, especially before bed
- Keep screens out of bedrooms
- Encourage outdoor play, reading, and creative activities
- Co-view and talk with children about what they are watching or playing
- Model healthy screen habits as adults

By supporting balanced screen use, we help children stay ready for learning, connection, and growth—both in and out of the classroom.





**ASIAN HERITAGE MONTH**

May is Asian Heritage Month in Canada, a time to recognize and celebrate the rich histories, cultures, and contributions of Asian communities who have helped shape our country.

In 2026, Asian Heritage Month highlights Intercultural Collaboration and Social Innovation and Asian Traditions: Legacy in Motion, emphasizing the resilience, creativity, and lasting impact of Asian Canadians.

Celebrations throughout the month focus on building inclusive communities, bridging cultures, and honouring the diverse traditions and contributions of Asian communities across Canada.

**WEATHER-APPROPRIATE CLOTHING REMINDER**

As the sun begins to come out and temperatures warm up, please ensure students come to school with sunscreen already applied, along with hats and reusable water bottles.

North Vancouver weather can be unpredictable, so having an extra layer or jacket at school is always a good idea. Being prepared helps keep students comfortable, minimizes disruptions to learning, and reduces the need for phone calls home.

Thank you for your support.



**MESSAGE TO FAMILIES**



At Larson, we value all of our families and recognize that families are beautifully diverse. This year, we will be approaching Mother’s Day and Father’s Day a little differently to better reflect the many kinds of families in our school community.

Rather than focusing solely on traditional Mother’s Day and Father’s Day activities, we will be creating opportunities for students to recognize and celebrate the important adults in their lives, including moms, dads, grandparents, guardians, caregivers, and other trusted adults who love, support, and care for them in so many ways.

We understand this may feel like a change for some families, and we want you to know that it comes from a place of inclusion, belonging, and respect for every child’s unique family story. Historically, these occasions at school have often involved a simple craft or card-making activity, and this shift allows us to continue that spirit of gratitude in a way that is welcoming and meaningful for all students.

As part of this celebration, each class will be creating artwork that expresses gratitude for the special people in their lives. These pieces will be proudly displayed at our Larsonpalooza community celebration in June. We encourage all families to stop by, view the artwork, and celebrate together.

**Sincerely, Larson Orcas**

**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.

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

**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.*

**CANADIANS BASEBALL GAME**

Join Larson families for a fun day at the ballpark while supporting the school.

**Date: Sunday, May 17, 2026 | 1:00pm**

Wear Larson colours (blue or white) and meet other Larson families in our very own dedicated section!

 **Buy tickets: [Larson Elementary School Fundraiser](#)**



**BIKE TO SCHOOL WEEK IS COMING!**

Bike/Walk to school week is June 1-5, 2026

We're looking for volunteers to take charge of organizing this fun event. If you're interested, please reach out to [larsonpals1@gmail.com](mailto:larsonpals1@gmail.com)



**LARSONPALOOZA (June 13)**

Our biggest community event of the year—and our largest fundraiser— still needs volunteers, with seven committees seeking one or two parents each (minimal time commitment), please join a committee and help make this an incredible experience for the kids!

 **Join a committee: <https://signup.com/go/eiTgULZ>**



**STAY CONNECTED WITH LARSON PALS**

Instagram: <https://www.instagram.com/larson.pals>

Website: <https://www.larsonpals.com>



**PALS MEETING** – Join us for the next **PALS meeting on May 12**. Everyone is welcome!