

# Lynnmour/Xá7elcha

*We would like to acknowledge and thank the Coast Salish people whose traditional territory North Vancouver School District resides on. At Lynnmour/Xá7elcha we are grateful to the Skwxwú7mesh and səliwətaʔ with whom we share this beautiful land we live, learn and grow on together*

## Connections to Cheakamus Centre

While we are unable to have our classes visit the Cheakamus Centre at Outdoor School this year, due to covid, Division 1 and 2 classes had the opportunity to connect with Chef Wade who came to Lynnmour/Xá7elcha to share the knowledge he has gained regarding Big Leaf Maple Tree tapping. Chef Wade, who provides amazing meals, with a local focus, while our students are at Outdoor School, brought his knowledge to the school this week. Students learned about tree tapping and how some of the foods are created.



## BAND REGISTRATION - DON'T FORGET

Don't miss out on this opportunity for your child if they are in grades 4-6. The Elementary band program provides students an experience and wonderful memories for a lifetime. I can still remember being a part of my elementary band within the NVSD. Let's just say that no one forgets the chance to play the Hawaii 5-0 theme song on a trumpet! One of the highlights of my Grade 7 year. Mr. R does an amazing job with our students and provides excellent instruction and song choice! I always like hearing them rehearse.

[NVSD BAND INFO and REGISTRATION](#)

In order to secure our Band staffing for next year, a discounted rate is offered to those that register **before March 5th!** Don't miss out on this opportunity!

## With appreciation for the Adopt a School program

Lynnmour/Xá7elcha was able to secure an Adopt a School Grant to support self regulation at our school. While our teachers are providing self regulation teaching and strategies through a variety of programs at school, having some additional tools is always helpful for our students. Having these tools in the classroom gives our students a chance to identify their needs to help increase their concentration during lessons. We find that our bodies need to move or wiggle to attend to some tasks, and our students are no different. Having a little boost that requires their body to wiggle and adjust (for short periods of time) can really help to stimulate the minds.



Wiggle stools



Wiggle Cushions



Noise cancelling headphones

## TRAFFIC UPDATE- CLOSURES NEXT WEEK

As previously sent home and communicated last week:

Starting Monday February 22nd, night time construction work will affect travel routes along Highway 1. As part of the ongoing Highway 1 upgrades, Lafarge will be demolishing the existing Fern Street Overpass. In order to complete this work, there will be **night closures of Highway 1** between **February 22nd to February 26th** (5 night shifts in total). The hours of night work operation are from 9PM to 5AM.

Detours will be in place for both east and westbound traffic.

## Important dates to note

**February 24-** Pink Shirt day

**February 26 -** Professional Development Day (**Students not in session**)

**March 5-** Early-bird Band registration closes, Report Cards Posted for parents

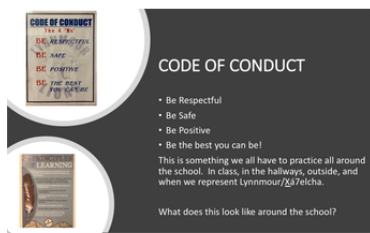
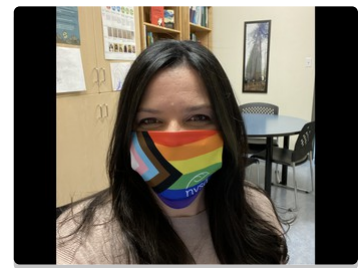
## Celebrating Diversity - working to end bullying

North Vancouver School District is actively looking at policies and procedures to support ALL of our learners across the district. Being aware of language and past protocols that have limited a student, staff, or families sense of belonging, inclusion or success is very important to us. Celebrating steps



and programs to educate, reduce stigma and promote inclusion and understanding is something that the district and Lynnmour/Xá7elcha is working on. On Feb 24th, we will be celebrating Pink Shirt Day - a movement that started when two individuals decided they couldn't be bystanders, stood up as "upstanders" in defence of a friend who had been the brunt of a homophobic slur.

In NVSD, we want our students, families, and staff to know that you are free to express your identity in whatever way feels best, authentic and true to you, regardless of the stereotypes out there. Together we will break down the walls.



## CODE of CONDUCT and Safety reminders for all

On Tuesday Feb 16th, we welcomed our students back with a virtual assembly. During the Assembly we reminded everyone of ways they can help keep Lynnmour/Xá7elcha being the best school we can be. We provided current Code of Conduct examples and reminders, and we provided a COVID refresher to everyone.

Please click the link below to have a look at the [Lynnmour/Xá7elcha](#) website and specifically the PDF of the assembly for more information. Parents can help us out by reinforcing these expectations with your children.

We know that everyone is feeling a level of exhaustion right now. That doesn't mean we can give up. We all have to work together to support each other here at school. We share this space and we have to be respectful of everyone in it. We appreciate those students who consistently go above and beyond to help peers and staff and we recognize that most are doing the best that they can right now. Please keep encouraging your child to do their part!