# Norgate Xwemélch'stn

# **NXCE NEWS**



**Community Elementary School** 





这是重要通知,请找人翻译。 這是重要通知,請找人翻譯。 Veuillez vous le faire traduire.

Dies ist wichtige Nachricht Bitte lassen Sie sich die folgenden Seiten übersetzer

これは重要なお知らせです。 どなたかに翻訳してもらいましょう。

중요한 공지사항입니다. 이 내용을 번역해 주십시오. Este aviso es muy importante. Pida que alguien se lo traduzca.

Ito ay mahalagang patalastas. Mangyaring ipasalin ito sa inyong wika

بخواهید این اطلاعیه را برای شما ترجمه کند. این اطلاعیه مهمی است. لطفا از کسی

> Đây là thông báo quan trọng. Xin nhờ người phiên dịch.

## **IB** Learner Profile in Action



Balanced & Caring: Our basketball team demonstrated excellent teamwork and fair play during the NVSD final tournament. Every member of the NXCE team should be proud of how well they represented themselves as determined athletes, good sports, and true team players. The team placed 5th in the district's 25 schools! Thanks to the coaches for helping the team have such a successful season.





**Balanced:** During our extra recess the students earned through their positive actions that align with our Code of Conduct, Ms. Annette did her best to be as flexible as these rubber-band-like students!!



Caring: Students in K-Gr 4 classes wrote compassionate messages inside decorative ornaments to youth who are supported through Covenant House, a local non-profit organization that supports homeless youth.



Thinkers: Students are learning how to code using Sphero coding robots. Coding requires students use their thinking skills to determine what to input so that their Sphero will move how they want it to. This student's "course shows that many coding steps will be required to make the Sphero navigate this course.



*Inquirers*: Students in Grade 3 went outside and gathered items that represent autumn.

# IB Approaches to Learning in Action

Grade 5 students used their communication, social and creative thinking skills to work together to cocreate visual arts pieces. Their pieces show they used their skills effectively!









Kindergarten students developed their communication skills by learning to use augmentative communication devices.



The Winter Market and Celebration will take place on Friday, November 29th, from 5:00 p.m. to 8:00 p.m. Our school will host over a dozen local vendors and a full entertainment lineup, including The Unoriginal Blend Jazz Band, The Higher Ground Choir, and the Dancing Divas. Many local businesses have donated tickets, items, and gift cards for our Silent Auction.

# Seeking Donations for our Christmas Hamper

Every year Norgate Xwemélch'stn Elementary puts together a Christmas Hamper for a family in need in our community through the North Shore Christmas Bureau.

This year Norgate will be sponsoring a family: a mother, her 17 year old daughter, and 22 year old son.

See their Christmas "wish list" and sign up to purchase a gift they have requested or donate cash towards their wish list or groceries.

- Email **Cristina** @ <u>cristinapj@gmail.com</u> if you want to send an e-transfer **or**
- Deliver cash donations to Michelle Bean at the school office.

The family has indicated their preferred stores for gift card purchases. **All donations** will be put towards their preferred items and the grocery gift cards.

Drop off gift items for donation at Norgate School by Friday December 6!

- 1. DO NOT WRAP items
- 2. <u>INCLUDE GIFT RECEIPTS</u> for every purchased item.
- 3. If you have time, please add a homemade or personalized Christmas Card for the family to help ensure they feel the love!

PLEASE ADD YOUR NAME to the sign up list so that we can keep track of which items have been purchased/donated. Sign up in the school office or on <u>Google Docs</u>.

# Information for Parents/Guardians

### Severe weather information

As winter weather approaches, we would like to issue a reminder about our winter weather procedures. All NVSD schools will remain OPEN during winter weather, including snowfalls, if possible. Any school district-wide closure will be decided by 6:30 a.m. (at the latest) and announced through media and school district and school websites and shared with families via <a href="SchoolMessenger">SchoolMessenger</a> (email and/or text message). For more information, please visit our <a href="Winter Weather">Winter Weather</a> web page.

# SMS text messaging via SchoolMessenger

Families who would like to receive SMS text messages when there is an emergency during school or non-school hours (e.g., severe weather or power outage) need to opt in for this service. Typically, you will receive a <a href="SchoolMessenger">SchoolMessenger</a> text message when you register your child for school and registration is complete. The message is similar to this example: "North Vancouver School District 44 messages. Reply Y to confirm, HELP 4 info. Msg & data rates may apply. Msg freq varies. schoolmessenger.com/smsca". You can also opt in to receive SMS text messages anytime by texting "Y" or "Yes" to 978338. Note: Standard message and data rates may apply.

### Canadian Dental Care Plan

Did you know that poor oral health causes more than two million missed school days per year? In Canada, 57% of children 6 to 11 years of age have had a cavity, while tooth decay accounts for one-third of all day surgeries performed in hospitals for kids between the ages of 1 and 5. The Canadian Dental Care Plan (CDCP) helps cover the cost of several oral health care services that can help keep your children's teeth and gums healthy. This includes services such as examinations, cleanings, fluoride application and sealants, and restorative work (fillings). Applications for the CDCP are now open for children under 18 find out if your child is eligible and apply today at <a href="Canada.ca/">Canada.ca/</a> dental.

# BC Training and Education Savings Program Grant

Education Savings Week is
November 18-22. Families/
guardians of children in
kindergarten through Grade 3 In
support, please read this letter.
Your child may be eligible for a
one-time \$1,200 BC Training and
Education Savings Grant for their
post-secondary education or
training.



# TIPS TO HELP YOUR KIDS SLEEP BETTER



### WHY SLEEP IS CRUCIAL

- GROWTH AND DEVELOPMENT: SLEEP IS AN ESSENTIAL TIME FOR PHYSICAL AND MENTAL GROWTH.
- COGNITIVE FUNCTION: WELL-RESTED CHILDREN ARE BETTER ABLE TO FOCUS, PROBLEM-SOLVE, AND
  RETAIN WHAT THEY LEARN AT SCHOOL.
- EMOTIONAL REGULATION: LACK OF SLEEP CAN MAKE CHILDREN IRRITABLE AND PRONE TO EMOTIONAL OUTBURSTS.

### HOW MUCH SLEEP DO CHILDREN NEED?

CHILDREN AGES 5 TO 12 SHOULD AIM FOR 9-11 HOURS OF SLEEP EACH NIGHT



#### SET A CONSISTENT BEDTIME .. FOR E.G.

7:00 pm – take a bath or shower
7:20 pm – brush teeth and put on pajamas.
7:30 pm – read a story together.
7:45 pm – quiet time (lights dimmed, soft music or cuddling).
8:00 pm – lights out.



### IF YOUR CHILD HAS TROUBLE FALLING OR STAYING ASLEEP

IT COULD BE DUE TO OVERSTIMULATION, ANXIETY, OR INCONSISTENT ROUTINES.
REMEMBER, BEDTIME ISN'T THE BEST TIME TO TALK ABOUT STRESSFUL SITUATIONS.
INSTEAD, WAIT UNTIL MORNING, WHEN EVERYONE IS REFRESHED AND CLEAR-HEADED.

A WELL-RESTED CHILD IS A HAPPIER, MORE FOCUSED, AND HEALTHIER CHILD. BY ESTABLISHING GOOD SLEEP HABITS EARLY, YOU'RE SETTING YOUR CHILD UP FOR SUCCESS BOTH IN AND OUT OF SCHOOL.

### PITFALLS TO WATCH OUT FOR

SCREEN TIME BEFORE BED
OVERSTIMULATING ACTIVITIES BEFORE BED
SUGARY SNACKS OR CAFFEINE BEFORE BED
AN INCONSISTENT SLEEP SCHEDULE (FOR BEST
RESULTS STAY CONSISTENT 7 DAYS A WEEK)



ZZZZ

HTTPS://WWW.YOUTUBE.COM/WATCH?v=VPX-RLFOACA

DISTRICT SEL/MH TEAM OCT. 2024

# **School Fundraisers**

## **Purdys Chocolates**

We will be partnering with Purdys to raise funds to benefit our school community. To participate in this fundraiser, please follow the steps below:

- 1. Open the **Purdys Fundraiser link**:
- 2. Click on Norgate Community Fundraiser
- 3. It will ask you for your email and then it will ask for a code.
- 4. The customer # that they are asking for is 77294

These steps will ensure your purchases go towards our school.

Please feel free to share this with friends and family.

All items will be delivered to our school by December 5, 2024.

Please contact Ms. Michelle in the office if you have any questions or challenges with the procedure.



### Mabel's Labels

These waterproof labels are great way to ensure your child's "lost" belongings are returned to them! They're also helpful if children have the same item to allow them to know whose is whose.





All funds raised through these initiatives will go directly towards enhancing your children's school experience through programs/other "special" events organized by our Community Education Facilitator. Thank you in advance for considering supporting our school through these fundraisers!

# LOOKING AHEAD TO NEXT WEEK (NOV. 25-NOV. 29)

Monday	Tuesday	Wednesday	Thursday	Friday
8:45 - School starts	8:45 - School starts	8:45 - School starts	8:45 - School starts	8:45 - School starts
3:00 Dismissal	3:00 Dismissal  3:05 - Red Fox Program (registration required)  3:05 - CCSS Program for Gr. 6/7 (registration required)	2:15 Dismissal  2:20 - Game Ready Program for Gr. 4-7 (registration required)	3:00 Dismissal  3:05 - CCSS  Program for Gr 6/7  (registration required)	3:00 Dismissal  5:00-8:00 PAC Winter Market