



Capilano Newsletter



Message to Capilano Families

October 09, 2023

We have started the 2023-2024 school year with a return to many fun and engaging learning opportunities! This has included the successful PAC Welcome Back Mingle and Curriculum Night. It was great to see so many faces back at the school again. We were excited to get our students together for the Terry Fox and Nancy Leith Run – thank you for your donations to the Terry Fox Foundation! Our learning continued as we explored Truth and Reconciliation and came together for a successful Orange Shirt Day assembly where we discussed how we can continue to take action towards truth, healing, and reconciliation.

We are also continuing with initiatives that we started last year, including the Multi-Age Groups and Student of the Week. The Multi-Age Groups enables children to create connections with other students from K-7 and other staff in the building while we engage in school-wide learning activities. We will have our first Multi-Age Group activity for this school year by sharing lunch together within our colour groups. Please see below for more information. Student of the Week also re-launches at the end of this week! A student from each division will be highlighted as part of Student of the Week: pictures and a little write-up composed by the learner will be posted on the bulletin board and at the end of the week they will get their sheet returned to them to take home during a little visit with the principal. Thank you to Ms. Pitcher's help and the staff's support in helping us get this all setup for the school.

Amongst all these fun opportunities to come together as a school, a variety of clubs (including Board Games Club, Lego Club, Knitting Club, Zentangle Club, etc.) and athletics has started. Similar to last year, there might be specific grades or rotating schedules for these clubs, so children should listen to the morning announcements or check-in with the teacher sponsors for more information.

All of this is in addition to the variety of learning opportunities in the classroom that learners receive to encourage them to develop into creative and inquiring individuals who are inspired to be lifelong learners and globally responsible citizens. Some photos of these events are shared below. At the end of the first week of every month, we will continue to share a Capilano Newsletter that captures important dates, news, updates, and celebrates learning happening at our school. Also, please remember to check our website for up-to-date information: [Capilano Elementary](https://www.capilano.ca)

Hope everyone has had a lovely long weekend!

Jeeniece Chand
Principal

Alaina Denny
Vice Principal



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Important Dates

- **Monday, October 09:** Thanksgiving (Stat – No School)
- **Tuesday, October 10:** Capilano PAC Meeting at 7pm (Capilano School Library)
- **Wednesday, October 11:** Multi-Age Community Lunch
- **Thur Oct 12, Fri Oct 13, Mon Oct 16, Tue Oct 17:** Early Dismissal at 2pm for SFT Goal Setting Conferences
- **Friday, October 13:** Lockdown Drill (First Practice Drill – **Please see letter attached at end of Newsletter**)
- **Thursday, October 19:** Shakeout BC (Earthquake Drill & Fire Drill Practice)
- **Friday, October 20:** Province-Wide Professional Development Day (No School)
- **Tuesday, October 24:** Photo Retakes
- **Oct 3 – 27, 2023:** Grade 4 & Grade 7 Foundational Skills Assessment

Capilano News & Updates

Multi-Age Community Lunch – Wednesday, October 11

Students will be participating in a lunch together within their Multi-Age Groups. We will be practicing storytelling, sharing what we are grateful for, and creating connections within the colour groups. Students will be reminded of their Multi-Age Group on Tuesday and may wish to wear their colour group on Wednesday, October 11. We will have a reverse lunch (eat first, then play) on that day to ensure everyone is able to participate safely. We look forward to coming together as we strengthen connections.

SFT Goal Setting Conferences – Thursday, Oct 12; Friday, Oct 13; Monday, Oct 16; Tuesday, Oct 17

Early Dismissal at 2:00pm on all 4 dates!

With the new Reporting Policy in effect this school year, this is a reminder that we are shifting to a Student-Family-Teacher **Goal Setting Conferences**. Please come with an area of strength and an area of growth for your child. Information was sent home by classroom teachers last week, please look for an email from your child/children's teacher for appointment scheduling instructions. Confirmed schedules will be sent by teachers by **October 10th at 4pm**.

Capilano PAC – Card Project

On behalf of PAC: The children are working on a special art project. Their precious masterpieces will be made into unique greeting cards and other beautiful and useful products. To comply with privacy regulations, you need to consent for your child's name and art to be released to The Card Project. **Sign up! at www.TheCardProject.ca - The deadline was on October 1 – they are accepting overdue sign-ups for a short while, so please sign-up ASAP!**

Children who sign up will get a free greeting card made with their art and name printed on their card. You will be able to order mugs, canvas tote bags, tea towels, greeting cards, notebooks, sketchbooks, mouse pads and stretched canvasses made with your child's art. This is a wonderful fundraising initiative for our school.

Please visit www.TheCardProject.ca for information or contact Marcelle at Marcelle@TheCardProject.ca

Mountain West Student Photos

Mountain West Student Photos - online gallery from our school photo session is now live!

- Please visit this link to access the gallery: Mountainwest shop sign in
- Your webcode to access your images was provided on photo day.
- Any active email address can be used to login.
- Your order deadline is: **FRIDAY OCTOBER 13TH 2023** (after the date a late fee is applicable)

Missing your login code? No problem!

1. Click on "No code? Click here" 2. Enter your student's last name, grade and student number. 3. Order your photos!



Foundation Skills Assessment

As per the recent Superintendent's Report, grade 4 and grade 7 students are participating in the Foundation Skills Assessment (FSA). The FSA is an annual province-wide assessment of students' academic skills and provides a snapshot of students' foundational skills in literacy and numeracy. All students in grades 4 and 7 are required by the Ministry of Education to write the FSA. The FSA will be administered at schools between October 3 and October 27, 2023. Your child's classroom teacher should have shared a schedule of the FSA.

Halloween

For those wearing costumes to school, we encourage learners to wear costumes that do NOT include blood/gore that is inappropriate, weapons, masks that fully cover their face (it should be that which can be removed to learn/at recess/at lunch/for safety reasons) and anything else that would be deemed inappropriate for school. A school-wide primary parade will take place. Please do not send treats for your child to share with others at school and consider health alternatives when packing their snacks. Any additional events taking place in individual classrooms will be shared by your child's classroom teacher. At their discretion, similar to birthdays, if food will be involved in the event, it is recommended that only pre-packaged, individually wrapped food is sent with consideration to allergies in the class (nut-aware) and healthy options.

Birthday Celebrations

We encourage families to consider planning birthday celebrations, including taking photos and sharing goodies with other children, outside of school hours. If you must send a treat to share with the class, please ensure they are pre-packaged, individually wrapped food with consideration to allergies in the class (nut-aware) and healthy options.

Pokémon

Please do not send Pokémon cards to school. With the awareness of challenges that have arisen in the past from students playing with Pokémon cards during recess and lunch. To help us respect our Capilano R.O.C.K.S. Code of Conduct and support students in making good choices, we will **not be able to have Pokémon cards** at school. Further, we encourage students to leave all valuables and special items at home.

General Reminders

Visitors/guests/volunteers to the building should be pre-arranged and sign-in at the front office to ensure they have appropriate visitor tags, otherwise we appreciate that individuals not be on the school property during the school day. Also, a reminder to please avoid bringing your dog onto the school property. To help ensure the safety of learners and staff, **dogs are not allowed on the school grounds, especially during school hours between 8:00 – 3:30.**

Kindergarten Information Session - October 11

A Kindergarten information session for parents/guardians of children **who will enter Kindergarten in September 2024** will be held in person on **Wednesday, October 11** at **Argyle Secondary School**. Doors open at 6:30pm and the presentation is at 7:00pm. Families will gain a deeper understanding of the school district, including what they can expect as their child enters the school system. More information about the session will be posted to the [Kindergarten section](#) of the school district's website.

2024/2025 Kindergarten – Registration begins October 12

Registration for priority placement for 2024/2025 Kindergarten (children born in 2019) begins on **October 12** and continues until December 15. Detailed instructions on the registration process, including forms and documentation required, will be available on North Vancouver School District's [Kindergarten registration](#) web page.

Please note: Registrations of children at any age level, including Kindergarten, do NOT take place at the school.



Seeking LEGO Donations for LEGO Club!

Hello Capilano families! I am one of the EA's at Capilano Elementary. LEGO is a lifestyle for me, and I would love to share this passion with the lovely students at Capilano Elementary. How? I am working to start a Capilano LEGO Club with Ms. Dash and Ms. Farrell.

But, in order to make this happen, the school needs your help. We are in need of LEGO! Capilano School is seeking donations of new or used LEGO. If you have any extra LEGO at home that you and your kids are willing to generously donate so we can make this club a reality, it would be greatly appreciated! Please drop off any LEGO you are able to spare at the office. Thank you for your support! Ms. Melissa



Capilano School Plan

As part of our School Plan, we will be working on our school goal which is alignment with our [NVSD Strategic Plan](#).

Goal: Enhancing our Sense of Community through Compassionate Integrity – By supporting our community's social and emotional well-being and our sense of belonging at Capilano, through mindfulness of:

- Approaches to Teaching and Learning
- Diversity of Students, Families, and Staff
- Community Connections

We will be reviewing our School Plan at an upcoming meeting later this month. In the meantime, we have been actively engaging in actions related to our School Plan. Some of our current work is shared below in Celebrating Capilano!

IB Learner Profile

As part of Capilano's School Plan, we are focusing on enhancing our sense of community through compassionate integrity by supporting our community's social and emotional well-being and our sense of belonging at Capilano. To support this goal, we are hoping to collaborate using our home-school partnership to discuss different important topics in a mindful manner. Over the year, we will focus on one aspect of the IB Learner Profile monthly; the month's focus will be launched by Mr. Kaboli (our IB Coordinator) and Mrs. Farrell (our Teacher-Librarian) during LIVE with Mrs. Farrell. We are hoping that the completion of the Capilano Learner Profile Reflection will encourage these important conversations at home, thereby reinforcing the learning taking place at school. A few selected sheets returned will be posted on our school IB Learner Profile Feature Board outside the library and a few excerpts will be read on the school announcements and included in the monthly Capilano Newsletter. The completed reflection is due to the Principal's Drop Box outside the library by the end of the month! Good luck and happy reflecting! Physical copies of sheets should have come home already, and a digital copy is attached at the end of the Newsletter.

Celebrating Capilano

In every month's newsletter, we hope to celebrate the learning happening at Capilano by featuring a grade group. This month, we will shift towards some of our recent school wide celebrations. As noted in the introduction, we have had many recent events to bring the community together: PAC Welcome Back Mingle and Curriculum Night; Truth, Healing, and Reconciliation – Orange Shirt Day; and more. Please see some photos of some of these events below.



October 9, 2023

Dear Capilano Elementary Parents and Guardians:

Subject: Emergency "Lockdown" Procedure and Practice Drill – October 13th at 11:45am

The North Vancouver School District, in partnership with the North Vancouver R.C.M.P., has recently undertaken an annual review of our emergency lockdown procedures. Between September 20 and October 19, 2023, all schools in the NVSD will be conducting a practice lockdown drill, which will include the participation of all students and staff. **At Capilano Elementary**, we will be conducting our lockdown drill on **Friday, October 13 at 11:45am**.

In preparing this communication, I realize that even the mention of the word "lockdown" can introduce unwelcome thoughts and raise questions and concerns. On page 2 of this letter, please find a series of Questions & Answers to further explain what a "lockdown" means and our procedures for addressing this scenario, however unlikely, in our schools.

We realize that an actual lockdown scenario is intensely stressful for everyone involved. One of the most common reactions in parents is reaching their child by cellphone. However, as is explained in the Q & A, cellphone communication can put individuals who find themselves in a lockdown situation at greater risk. For this reason, we ask all parents for their cooperation in respecting the law enforcement directive prohibiting the use of cellphones by staff and students during a lockdown.

Both the North Vancouver School District, and our school, always recognize our collective responsibility for the safety of students and staff on our premises. While the likelihood of threatening behaviours/incidents in our schools is very, very low, we hope you will find this knowledge of our procedures to be reassuring. Please don't hesitate to discuss this information with me here at the school. Questions or concerns can also be communicated to Suzette Dohm, District Principal for Safe and Healthy Schools, via her email at sdohm@sd44.ca.

Sincerely,

Jeeniece Chand
Principal
Capilano Elementary School



What is a "school lockdown"?

A lockdown is an emergency procedure designed to protect occupants from an external harm, or contain the movement of occupants when a danger is present in, or around, the building. In a school lockdown, only emergency response teams from law enforcement will enter the school. A "lockdown" means that people must stay where they are and cannot leave until escorted outside by response personnel.

Are there different procedures depending upon the situation?

Yes. There are three different distinctions of "lockdown" that direct how a situation will be addressed:

Level 1 "LOCKDOWN" – The danger is present inside the school.

Level 2 "HOLD AND SECURE" – The danger is close to, but not inside the building

Level 3 "SHELTER IN PLACE" – A risk is in the surrounding area.

How are school staff prepared to handle a lockdown situation?

School-based staff are trained in how to recognize and respond to all three lockdown scenarios.

Why do children have to practice a lockdown drill? Isn't that creating a stressful situation?

Particularly in emergency situations, we are all more confident, less anxious, and better able to cope when we know there is a plan in place. An essential part of the lockdown drill in our schools is for staff to lead conversations about the experience afterwards to reassure students and help them develop new coping and self-calming techniques for the future.

May I communicate with my child during a lockdown?

It's expected that many parents will feel an urgent need to contact their child in a lockdown situation. However, any sound from a cellphone can alert the danger/intruder to the presence of an individual or group, placing them, and everyone in their vicinity, at greater risk. For this reason, students and staff are not permitted to use cellphones during a lockdown situation.

Communications both in and out of a school under lockdown are restricted to law enforcement personnel and their designates—including school principals and school district senior administrators.

During a school lockdown, where can I learn more information?

Recognizing that telephone reception could quickly become overwhelmed by a high volume of calls in a lockdown situation, the School District will update its website as information is released to us through the R.C.M.P..



Capilano IB Learner Profile Reflection

Name: _____ Grade: _____ Teacher: _____ Date: _____

IB Learner Profile Attributes: Inquirer, Knowledgeable, Thinker, Communicator, Principled, Open-Minded, Caring, Risk-Taker, Balanced, Reflective

As part of Capilano’s School Plan, we are focusing on enhancing our sense of community through compassionate integrity by supporting our community’s social and emotional well-being and our sense of belonging at Capilano. To support this goal, we are hoping to collaborate using our home-school partnership to discuss different important topics in a mindful manner. Over the year, we will focus on one aspect of the IB Learner Profile monthly; the month’s focus will be launched by Mr. Kaboli (our IB Coordinator) and Mrs. Farrell (our Teacher-Librarian) during LIVE with Mrs. Farrell. We are hoping that the completion of the Capilano Learner Profile Reflection will encourage these important conversations at home, thereby reinforcing the learning taking place at school. A few selected sheets returned will be posted on our school IB Learner Profile Feature Board outside the library and a few excerpts will be read on the school announcements and included in the monthly Capilano Newsletter. The completed reflection is due to the Principal’s Drop Box outside the library by the end of the month! Good luck and happy reflecting!

October’s Focus: Open-Minded

We seek to understand and appreciate different points of view

1. How are you OPEN-MINDED at home? What does this look like, feel like, and sound like?

 Draw

2. How are you OPEN-MINDED to others at school? What does this look like, feel like, and sound like?

 Draw

3. How are you OPEN-MINDED to others in the community? (This includes the virtual community)

 Draw

I give permission for excerpts of my child’s responses to be included in the Monthly Newsletter with their first name.

Parent Signature: _____