

NEWSLETTER

Others ask, "What if?" We ask,
"Why if?"

NECHAKO ELEMENTARY SCHOOL
61 Nightingale Street, Kitimat, BC
Phone: 250-632-2912

Dec. 2023



SEASON'S

GREETINGS



Haisla Words
ḡá'islak'ala

Button blanket: gagabamolh
(ga ga ba molth)

Pine: 'thiwas (glee was)



HOLIDAY GIFT SHOP
7 & 8 DECEMBER

Looking for parent volunteers! If you have a submitted CRC check with the school and can help those days, please reach out to Adrienne Dumstreya-Soos on the PAC Facebook page or contact the office for a contact number.

CAKE AUCTION
& CHRISTMAS CONCERT



During the *Christmas Concert* the PAC is hosting a *Cake Auction*. Concert goers' will be able to bid in person. There will also be virtual bidding on the PAC Facebook page. If you are, or know, a talented baker, consider donating a cake, or 12 cupcakes, to our cake auction. All proceeds go to Nechako student activities and classrooms.

**STUDENT DROP
OFF/PICK UP**



Student drop-off/pick up is located only at the Skate Park parking lot.

The staff parking area and bus loop are for staff drivers only.

DECEMBER ANNOUNCEMENTS



7 & 8 Dec – Holiday Gift Shop
14 Dec – Christmas Concert
(Admission 1 non-perishable)
18 Dec – Start of Christmas Break
25 Dec – Christmas Day
26 Dec – Boxing Day
1 Jan – New Year's Day
2 Jan – First Day Back to School
8 – 12 Jan – Lice Check

KITIMAT CHRISTMAS HAMPER APPEAL



The *Kitimat Food Bank Society* is requesting donations by Friday, 8 December.



They are asking that donations be left unwrapped as their toy/gift committee will handle the duty of sorting for specific age groups. Gifts for teens and preteens are especially appreciated – gift certificates ideally.

Donations can be left under the Nechako Christmas Tree by the Office.

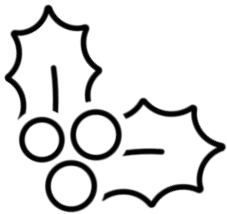
Thank you for your continued support, and for caring.

Happy Holiday

Merry Christmas

&

Happy New Year



SCHOOL WIDE LICE CHECK

8 January - 12 January

2024

Nechako School will be conducting lice checks on all students between *8 January and 12 January*.

ANYONE CAN GET THEM

Check regularly and check the whole family.

ONLY treat hair if it is infested.

1. If lice or nits are found, shampoo **TWICE**, 7 days apart.
2. Remove all nits with a fine comb or by hand.
3. Check ALL family members AFTER the second shampoo treatment.

Wash all hats, bedding, clothing, and do not share.

DRESS FOR THE WEATHER



The weather is getting extremely cold. Please ensure that students are dressed for the weather, both inside and out.



YOUR CHILD IS THIRSTY



SEND A LABELED WATER BOTTLE



(Matthew & Hudson practice their curling skills)



STUDENT ABSENCES

If you would like to report an absence, you can leave a message on the school answering machine at (250) 632-2912.

BUS ROUTES

Should you have questions or concerns regarding bus routing and scheduling, the following steps are suggested:

1. Contact the Operations Manager at Diversified Transportation bus lines at 250-635-7042 or 1-855-538-5287 for out of town.

[2023-24 Kitimat & Kitamaat Village Return to School Message & Bus Schedules](#)



Nechako's
Colour Party
for
Remembrance
Day

(9 Nov 23)



**SNOW STAYS ON
THE GROUND**

As fun as snowballs can be, a Nechako rule is for snow to stay on the ground. Small rocks, ice, and even glass can often become imbedded. There have been serious injuries as a result in the past.

CHRISTMAS TREE CONTEST

Nechako is competing for the best Christmas Tree in Kitimat and looks forward to sharing its winning results.

**SNOW PANTS FOR
THE SNOW HILL**

Reminder that if students would like to play on the snow hill during the winter, they are required to wear snow pants.

BEFORE & AFTER SCHOOL CARE (K-GR5)

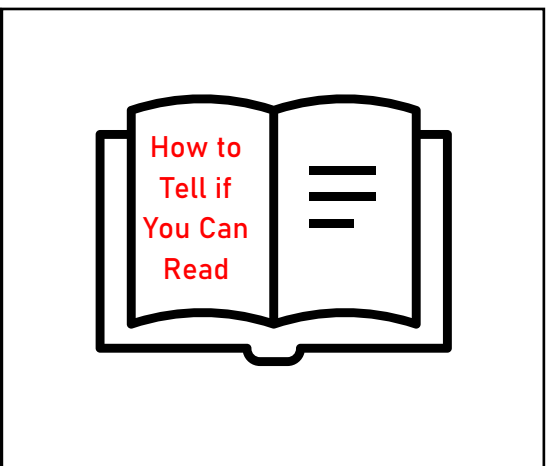
Nechako will be offering spaces for the Seamless Day Kindergarten Program for students K to 5. This program is a before and after school care program for kindergarten students as a priority and will be offered 5 days a week from 08:00am-05:30pm.

The goal is to support families who do not currently have childcare. There will be two educators running the program. One in the morning and the other in the afternoon. They will work with the kindergarten students throughout the day to help support their learning.

For an application or additional information, please contact Tina McDonald, District Vice Principal of Early Learning and Child Care at tina.mcdonald@cmsd.bc.ca or 250-638-4409

**EVERY CHILD, EVERY DAY: ELEMENTS
OF EFFECTIVE READING INSTRUCTION**

- Every child, everyday reads something her or she has chosen.
- Every child reads accurately. Research shows that reading at 98% or higher accuracy is essential for reading acceleration.
- Every child talks with his or her peers about reading and writing. Research has demonstrated that conversation with peers improves comprehension and engagement with text.



COMMON LANGUAGE AT NECHAKO

As the year progresses, we continue, and will continue, to work on our School Growth Plan that focuses on our Code of Conduct (*Be Safe, Be Responsible, Be Respectful, and Kind*) and strategies to deal with **stress**, **anxiety**, and **anger**. We use Common Language that all children can use.

Ask your children about: Power of the Pause, 60 Sec Fix, and Walk It Off.

We work everyday on our WITS Program, which stands for-

WALK AWAY,
IGNORE IT,
TALK IT OUT, and
SEEK HELP!

Children are reminded to use their words when having a conflict, such as: "Stop, I don't like that," and "how can we meet half way?"

Students are ultimately responsible for their own behaviour. That is why we reinforce with them the common idea:

"I cannot control anyone else, but I can control-

MYSELF;
My thoughts;
My words;
My Choices;
My Actions; and
My Reactions."



ADHD Education Day

Hosted By The Provincial ADHD Clinic

Monday, December 11, 2023 – 9:00 am to 3:00 pm

Chan Auditorium

ENTRANCE 18 - BC Children's Hospital Research Institute (BCCHRI) at B.C. Children's Hospital

To attend In-Person, register via Learning Hub: <http://learninghub.phsa.ca/>
Registration is free. Each participant must have their own email and password to register

To attend Virtually, register via Zoom: https://phsa.zoom.us/webinar/register/WN_UZVahN-dR7G6Uyjb60_N-w

You must register to attend in-person or virtually.

Please give yourself lots of time to find parking onsite. See learning hub for location details.

| | |
|-------------|---|
| 9:00-9:15 | Registration |
| 9:15-9:30 | Welcome - Joerg |
| 9:30-10:00 | ADHD Basics – Dr Kaveh Darabian |
| 10:00-10:45 | Parenting a Child with ADHD – Dr Joanna McDermid |
| 10:45-11:00 | COFFEE BREAK |
| 11:00-12:00 | ADHD and School – Dr Candice Murray |
| 12:00-1:00 | LUNCH BREAK – on own |
| 1:00-1:45 | Medication Treatment and Management - Dr Susan Baer |
| 1:45-2:30 | ADHD and Sensory Motor Regulation – Miranda Doherty |
| 2:30-3:00 | Panel Discussion – all |

Please Contact Joerg Taylor-Philippin at adhdc@cw.bc.ca
or 604-875-2345 (ext. 2081) if you have any questions.



**ARTISAN CHRISTMAS
GIFT STORE**

This the Season to SHOP LOCAL!

Opening Friday, November 24th at 5 p.m.
and continuing until December 23rd, 2023

Nov 24 to Dec 9:

Mon to Fri: 10 am to 4 pm

Sat: Noon to 4 pm

Dec 11 to 22:


Mon to Fri: 10 am to 5 pm

Special Hours:

Sat. Dec. 16: Noon to 5 p.m.

Sun. Dec. 17: Noon to 5 p.m.

Sat. Dec. 23: Noon to 4 p.m.



Art, Candles, Cards,
Crochet, Home Decor,
Knitting, Pottery, Quilting,
Soaps, Stained Glass,
and much more!



Featuring over 30 Vendors to Shop From!

**Something for
everyone on your
list!**



KITIMAT MUSEUM & ARCHIVES

293 City Centre Kitimat BC
Ph: 250-632-8950 / www.kitimatmuseum.ca

