



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

Jan. 2024

# JANUARY



## Haisla Words ḡá'islak'ala

Happiness – 'aíke ḡalaci (ay geh ga la jee)

Sadness – Ýáki ḡalaci (ya geh ga la jee)



## 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.



## MORNINGS START IN LINE-UPS

Nechako's morning routine begins when students line up with their classes outside. Students should not be brought into the school/classroom before the bell.



## JANUARY ANNOUNCEMENTS

**1 Jan** – New Year's Day  
**2 Jan** – First Day Back to School  
**8 – 12 Jan** – Lice Check  
**26 Jan** – Non-Instructional Day



## STUDENT DROP OFF/PICK UP

### FOR THE SAFETY OF THE STUDENTS

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

For safety reasons, the staff parking area and bus loop are for staff drivers only.



## POWER OF THE PAUSE

Power of the pause is an exercise that helps children breathe and reduces anxiety and negative thoughts. There's an easy-to-remember phrase that reminds children to take a deep breath and then to exhale. Just instruct them to, "smell the flower, blow out the candle."



## HOLIDAY GIFT SHOP THANK YOU

This is a special thank you to the parents and volunteers that made the Holiday Gift Shop possible. We would like to recognize that a lot of work went into it, and it was appreciated by staff and students alike.



## WELCOME BACK

We would like to extend a warm welcome back to all students for Nechako 2024!



### 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.

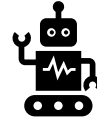


### STUDENT ABSENCES

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

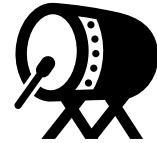


### ROBOTICS RETURNS



Mr. Wilkinson's class worked on producing robots with Lego and servos.

### AIXS GWAILAS TO SHELLEY & CASSIDI BOLTON



Shelley and Cassidi Bolton will not be returning for drumming in this New Year. They bid a fond farewell with the hope that they will return some day.

Thank you to Shelley and Cassidi for enriching our school.

### 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



*Reminder for late arrivals that school starts at 08:45am*

### 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 Christmas Concert



### BEFORE & AFTER SCHOOL CARE (K-GR5)

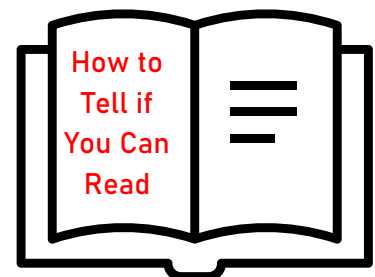
Nechako will be offering spaces for the Seamless Day Kindergarten Program for students K to 5. This program is a before and after school care program for kindergarten students as a priority and will be offered 5 days a week from 08:00am-05:30pm.

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](mailto: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."**