

# NEWSLETTER

Painstakingly written before a live audience.

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

Mar. 2024

## MARCH



### Haisla Words ᖃá'islaᖃ'ala

Hello – yauc̓ (yow itch)

Goodbye – 'aiks g̓ilas (aiks gwellas)

Thank you – 'awalacak̓ith (ah walla qweets gins)

Message – dutilh (doo tealh)



### PRE-KINDERGARTEN VACCINE CLINIC



For students starting kindergarten, there is a clinic on Wednesday, 10 April from 9 to 3.

Please call 250-632-3181 to book an appointment.

### 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.

### 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.

### MARCH ANNOUNCEMENTS



12 Mar – Report Cards Home  
13 Mar – Early Dismissal  
14 Mar – Early Dismissal / Subway Orders Due  
18 Mar – Start of Spring Break  
1 Apr – Easter Monday  
2 Apr – First Day Back  
22 Apr – Robotics Competition

### 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."

### HAVE A SAFE AND RESPONSIBLE SPRING BREAK



May your Spring Break be filled with adventure, relaxation, and cherished moments. Take this time to recharge and return refreshed and ready to tackle the rest of the year with renewed energy and enthusiasm!

Students are responsible for bringing their own cutlery to school.



Reminder for late students that classes start at 8:45am



Please ensure that students are leaving their toys at home.





*Mrs. Combden's class tests home defence against the big bad wolf.*



### EARLY PICK-UPS DISRUPTING CLASSROOM

For early pick up, please inform the office by leaving a message. This helps minimize disruptions in the classroom.



### STUDENT ABSENCES

If you would like to report an absence, you can leave a message on the school answering machine at (250) 632-2912, or email at [Gregory.judas@cmsd.bc.ca](mailto:Gregory.judas@cmsd.bc.ca).



### YOUR CHILD IS THIRSTY



**SEND A LABELED WATER BOTTLE**

### DRESS FOR THE WEATHER



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

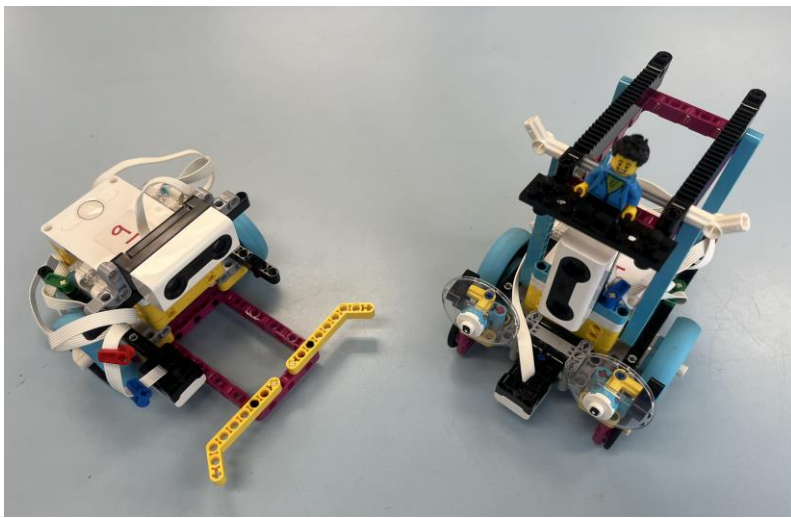
### BUS ROUTES

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 & Kitimaat Village Return to School Message & Bus Schedules](#)





## ROBOTICS COMPETITION

On 22 April, Nechako will be competing in the Zone01 Robotics Competition at MEMSS.

The plan is to submit seven Grade 3 teams to battle in the Sumo and Jurassic challenges.

Here's to Nechako taking home the gold!

## PINK SHIRT DAY AT NECHAKO

On 28 March, Nechako participated in Pink Shirt Day as part of a coordinated effort to take a stand against bullying. This day compliments Nechako's continued efforts to stand against bullying, which is managed through our Common Language.



## YOUNG ENTREPRENEURS PRESENT

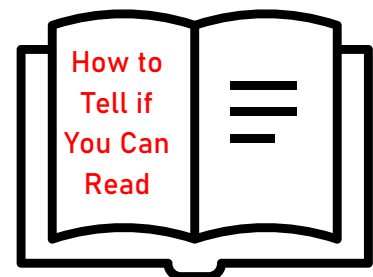
Mr. Gray and Mrs. Nequinto's classes established the Young Entrepreneurs market on 23 February to showcase their skills.

Notably, among the stalls merchandise, was the return of a Young Entrepreneurs staple; the catapult, which makes an annual appearance.



## 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 halfway?"

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."**

## Nechako Elementary School Subway Day!!

Orders Due By: Thursday, March 14<sup>th</sup> 2024

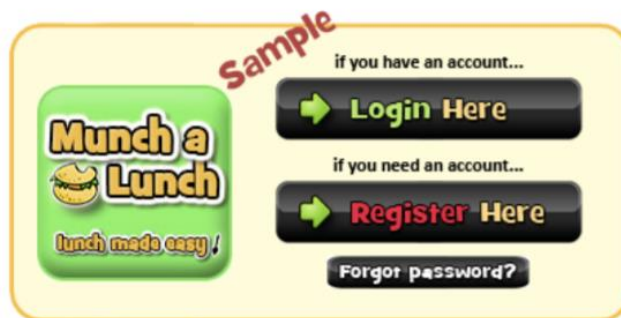
### Hello Parents!

Our ordering system is going **GREEN!** Instead of filling out a paper order form, parents will place their hot lunch orders online using **MunchaLunch.com!**

You can Pay for your Child's order the same as before, either by email transfer to [nechakopac@gmail.com](mailto:nechakopac@gmail.com) (Please include your child's and teachers name in the emt along with the heading Subway) or **Cheque** payable to NECHAKO PAC. Cash WILL NOT BE ACCEPTED.

#### HOW TO REGISTER:

- 1) Go to: <https://munchalunch.com/schools/nechako>
- 2) Click the **"Register Here"** button (as shown below). The system will guide you through
- 3) After adding your children, click the green "Order Lunch!" button to order
- 4) Next time, just click the **"Login Here"** button to access your account.



#### ORDERING DETAILS:

- Online ordering will be OPEN from February 27<sup>th</sup>, 2024, to 11:59 pm on March 14<sup>th</sup>, 2024. **NO LATE ORDERS or PAYMENT ACCEPTED.** Payment is due by March 15<sup>th</sup>, 2024 (For those last minute late night orders).
- If you need assistance with ordering, or do not have access to the internet, please contact Nechako PAC at [nechakopac@gmail.com](mailto:nechakopac@gmail.com), or through the school.

This session of lunches will be from April 5<sup>th</sup> to June 19<sup>th</sup>. **NO LATE ORDERS** after March 14<sup>th</sup>, 2024. **Please note if your child is ill on a lunch date, you are welcome to come and pick up their lunch between 11:15-11:45pm;** otherwise please consider it a donation for a child who does not have lunch. Consistent with previous years, there are **NO REFUNDS** as this is a PAC fundraiser. We appreciate your support for our hot lunch program as the funds go towards extra supplies for classrooms, playgrounds, and general fundraising within the school.

Our thanks to the Nechako Elementary School parent community for supporting this important fundraiser and to our wonderful Volunteers who help make this program a success!

# MENTAL HEALTH & WELLNESS SURVEY



Coast Mountains  
School District

## Share Your Thoughts to Inform Our K-12 Plan!



We are setting priorities for  
2024-25 and are interested in  
hearing your perspectives.  
Access our brief survey using  
the QR code and respond by  
**Sunday March 10th.**

