

# NEWSLETTER

BASED ON A TRUE STORY

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

May, 2024



# MAY



## Haisla Words ᖃá'islak'ala

Dawn – ᖃᖃᖃᖃᖃᖃ (na na qwa)

Dusk – q'agaćwals (ga gay jwils)

Lunchtime – q'asdisa (gas dees da)



## SEAMLESS KINDERGARTEN

As a reminder, Nechako offers before and after school care for students aged Kindergarten to Grade 3, running from 7:50am to 5:00pm.

Registration forms are available upon request.

## 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.

## MAY ANNOUNCEMENTS



- 1-3 May – LNG Tour
- 9 May – Concert Day in the PM
- 13 May – PAC Meeting
- 20 May – Victoria Day (Closed)
- 24 May – ProD (Closed)
- 29 May – Grade 6 Conference

## 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."

## EARLY PICK-UPS DISRUPTING CLASSROOM

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



Students are responsible for bringing their own cutlery to school.



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

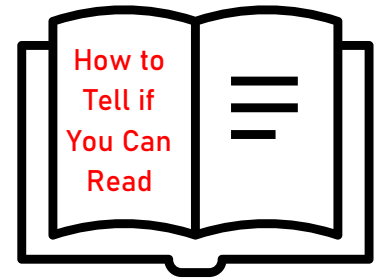


KINDERGARTEN SIGN-UPS  
Reminder that kindergarten signups are happening now.



EVERY CHILD, EVERY DAY: ELEMENTS OF EFFECTIVE READING INSTRUCTION

- Every child, everyday reads something he 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.



***ROBOTICS ZONE01***  
*Nechako demonstrated prowess April 21 at the MESS gymnasium in the spirited Zone01 Robotics Competition.*



**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](#)



**EARTH DAY AT NECHAKO**

Students took part in a garbage sweep of the Nechako Forest and surrounding area as a community effort for Earth Day.



**STAFF VS GRADE 6 BASKETBALL**

Nechako's Grade 6's and the Staff played a friendly game of basketball. We're exceptionally proud of the camaraderie that was displayed by the students.



**NECHAKO STUDENTS WIN AT DANCE COMPETITION**

Cara van Loon and Aspen Taylor won gold in their Division at a dance competition in April.

Among the winners is a Nechako Alumnus, Abigail Desousa, who will be going to Provincials.



**SMILE COOKIES CAMPAIGN**

Tim Horton's donated cookies to the school on April 30 for the Smile Cookies Campaign.



## 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."**