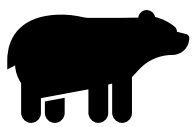


# NEWSLETTER

Dictated and Chronicled by  
Anchorite Scribes.

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

Sept. 2024



# SEPTEMBER



## Haisla Words ḡá'islak'ala

Feast/Potlatch – yox°a (yo qwa)

Speech/ To talk – baq°ala (boo qwal  
la)



## STUDENT ABSENCES



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

## 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.

## SEPT ANNOUNCEMENTS



16 – Kindergarten Begins  
23 Sept – 6 Oct – Go by Bike  
25 – Orange Shirt Day  
26 – Terry Fox Run  
26 – Open House 6:30-7:30  
27 – PD Day (No School)  
30 – National Day of Truth & Reconciliation  
14 Oct – Thanksgiving  
24 Oct – Photo 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."

## EARLY PICK-UPS AND LATE DROP-OFFS DISRUPTING CLASSROOM



For early pick up or late drop-off, please inform the office by leaving a voicemail message. This helps minimize disruptions in the classroom.

Students are responsible for bringing their own cutlery to school.



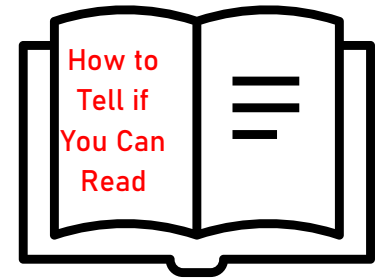
Reminder for late students that classes start at 8:45am



Pizza is \$2/slice on Tuesdays. Orders are taken at the start of the morning. Late orders may be declined.

**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.



**ONLINE BUS REGISTRATIONS**

Bus registrations are now processed online. Follow the desktop link below to enter your details.

[CMSD82 | Coast Mountain School District No. 82](#)

New bus passes are mailed to the school on Thursdays after they're processed by the company.

**YOUR CHILD IS THIRSTY**



**SEND A LABELED WATER BOTTLE**

**DRESS FOR THE WEATHER**



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

**DEDICATION OF LEVI GARDINER PARK**

*25 June 2024* Nechako's Accessibility Park, which was created to serve students like Levi Gardiner, was dedicated to his memory in a solemn ceremony. His mother, Michelle Gardiner, was in attendance.



## 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."**