




NXCE NEWS



North Vancouver
School District
the natural place to learn[®]

**THIS IS AN IMPORTANT NOTICE.
PLEASE HAVE IT TRANSLATED**

这是重要通知，请找人翻译。
這是重要通知，請找人翻譯。

Ceci est un avis important.
Veuillez vous le faire traduire.

Dies ist wichtige Nachricht Bitte lassen
Sie sich die folgenden Seiten übersetzen

これは重要なお知らせです。
どなたかに翻訳してもらいましょう。

중요한 공지사항입니다.
이 내용을 번역해 주십시오.

Este aviso es muy importante.
Pida que alguien se lo traduzca.

Ito ay mahalagang patalastas.
Mangyaring ipasalin ito sa inyong wika.

بخواهید این اطلاعیه را برای شما ترجمه کند.
این اطلاعیه مهمی است. لطفاً از کسی

Đây là thông báo quan trọng.
Xin nhờ người phiên dịch.

Potlatch ~ Recognizing National Indigenous Peoples Month & Celebrating Coast Salish Culture

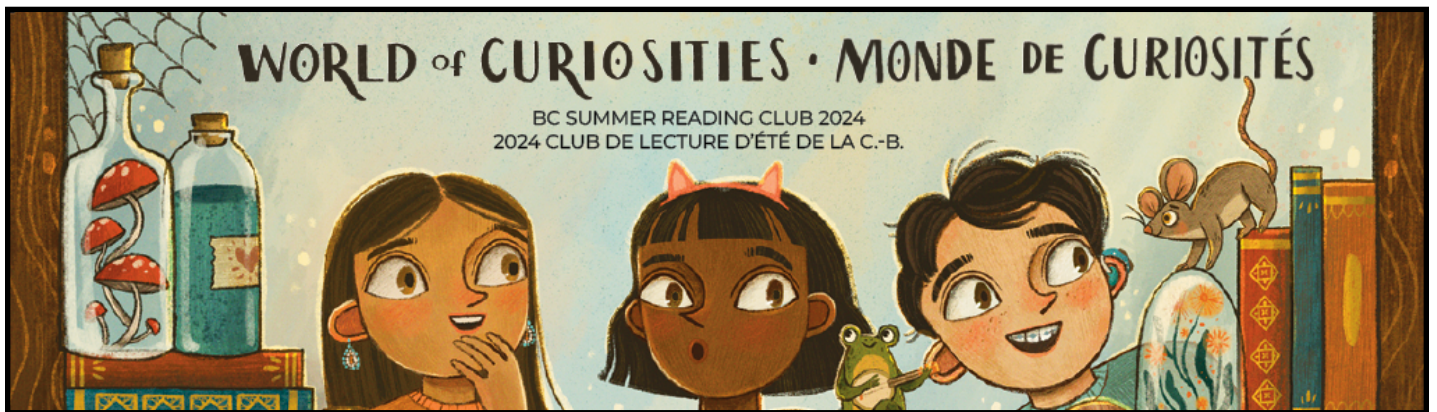
It was wonderful to welcome many family members to our last week's Potlatch celebration which beautifully showcased Coast Salish culture through food, song, dance, teachings and gifting. We are so grateful to Ms. Sonja for all of her work and teachings in advance of the Potlatch and during the Potlatch. For all in attendance, this ceremony was a special, and for non-Indigenous people like me, an extra-special opportunity to learn from, about and with the amazing Indigenous people who are such a valued part of our school community.



Messages from the Library

Last week, a public librarian from the North Vancouver District Public Library visited the school. She shared with the students the information about the Summer Reading Program. Many were excited by the prospect of enrolling in this program, especially when they were told the prize or completion is a brand-new book.

Here are the details about the program [Summer Reading Club | North Vancouver District Public Library \(nvdppl.ca\)](https://www.nvdppl.ca). It is a fun way to encourage all children to continue reading throughout the summer break.



Please look for late book notices coming home with students on Monday. All library books must be returned by **WEDNESDAY, JUNE 26th**.

Here are some ways you can help your child with their reading this summer:

Help your child with reading

I Spy

Play 'I Spy' games. Can you find words beginning with...? Can you find a picture of a ...? How many ... can you see?

Ask Questions

Ask questions about the story as you read it e.g. What is the story about? Why do you think they made that choice? Was it a good choice? Why did that happen? What do you think will happen next? What was your favourite part of the story? Why?

Make it Fun

Enjoy reading together. Give characters funny voices and engage with the pictures. Make a game out of finding words that rhyme or start with the same sound.

Be Seen

Make sure you are seen reading. Keep books magazines at easy reach.

Get Out

Go to your public library regularly. Find the books you loved as a kid to read together.

Create

Use reading to inspire drawings or new stories.

Go Online

Look online & in app stores for appropriate word & spelling games.

Make Space

Have a special place or a certain time when you read together.

Read everything out loud.

Books, poems, nursery rhymes, newspaper & magazine articles, food labels...
anything that is close to hand!

Breakfast Club - none next week

We will not be hosting Breakfast Club next week given that our staff members need to do year-end clean-up. As we look ahead to the 2024-25 school year, we have learned that the funding that was provided this year for our food programs will be significantly less. Therefore, we will have to prioritize students who genuinely need food assistance. I will send more information when I have a better sense as to what we will/will not be able to provide. Thank you in advance for your understanding.

Lost & Found

We still have many clothing and other items such as water bottles and lunch containers that have yet to be claimed by their rightful owners. Please ensure your child has a look for any personal belongings in the Lost & Found before they leave for the summer break. You are welcome to come into the school to have a look as well.

Tips for a Balanced Summer

To help you prepare for a summer break that supports your family's mental wellness, here are **five everyday tips for taking care of your mental health**:

Get Outside

Seek out sunshine and fresh air every day. Being outside in the sun, in green spaces, or in nature helps us to reduce stress and boost hormones that promote happiness. Consider getting out for a walk each day and taking a book or activity outside. Dress for the weather and enjoy the outdoors!

Get Active

Walk, stretch, run, hike, bike, swim, dance, jump rope, play a sport, or whatever else you like to do! Try to get moving for at least 60 minutes every day, or as much as you can. Exercise is important for our physical health and it can also help improve our mood, reduce stress, and help us sleep better at night. Find fun ways to exercise with others to stay motivated. Remember to go at your own pace.

Sleep Well, Eat Well

Children and teens need 10 hours of sleep each night for their bodies and minds to rest and restore. When we get lots of rest, eat a healthy diet, and drink lots of water, it helps our mood and we can think, learn, and act better. Try cooking together; this can be a fun way to share traditions, recipes, and favourite cultural foods.

Be Creative and Have Fun

Taking part in activities we enjoy can increase our feel-good hormone, dopamine, that boosts positive emotions. Spending time away from electronics can help encourage free time to play, have fun, and be creative. When we develop our talents and hobbies it can lead to feelings of accomplishment that boost our feelings of well-being. Have fun enjoying cultural music, dance, and art together.

Keep Connected

Connecting to family, friends, and neighbours is important for our mental health. Schedule time with family members to check-in with each other, talk, and have fun together. Reach out to keep connected to loved ones

and friends. Friendly chats with neighbours and volunteering to help others when we can, are also great ways to support our well-being, as well as those around us.

Take care of yourself this summer – unplug and be in the moment, stay active, be outside in the sunshine and warm weather, keep connected and enjoy a mentally healthy summer break. ([source](#))

Calling All Engaged Parents: Join Our PAC and Make a Difference!

Looking to be more involved in your child's school experience? Want to help shape the future of Norgate Xwemélch' Stn Community School?

The Parent Advisory Council (PAC) is seeking enthusiastic parents to join our team for the upcoming school year!

Looking Ahead:

We are actively seeking new members for the following roles:

- **General Members:** Share your ideas and contribute to a variety of PAC initiatives.
- **Fun Lunch Coordinator:** Be the mastermind behind engaging and delicious lunches for our students next year!
- **Treasurer:** We are grateful for our current treasurer (Pablo)' dedication and valuable contributions during past years, now he needs a break ! So we are looking for a dedicated and organized Treasurer to join our team for the upcoming school year. Pablo will provide ongoing support to the new treasurer until they are fully comfortable with their responsibilities.

Here's a glimpse of what we accomplished together last year:

-Fundraised close to \$5,000 for extracurricular activities and events, classroom supplies, field trips, Grade 7 graduation festivities, among many, others.

-Brought back Hot Lunches, which were paused since the pandemic.

-Worked hard to break down language barriers. We created a WhatsApp and translated school information into Farsi.

-We opened the school doors again to the community and hosted the Holiday

-Winter Market.

-Hosted the first school Nowruz Celebration.

-Co-hosted the Monday Morning Parent/Guardian Mingles.

-Had a very successful Spring Plant Fundraiser for which the neighbours s every year.

- Hosted the Saleema Noon Body Scientist Workshop for students and parent/guardians.
- Had 9 Zoom PAC meetings with parents/guardians and school staff
- Will host the appreciation breakfast for all our fabulous staff and teachers at

Why Join the PAC?

The PAC strives to represent the diversity within our community and contributes to the benefit of all students by:

providing opportunities to educate and inform parents about the school;

involving parents in volunteer activities; and

openly discussing parents' concerns and aspirations for their schools.

No experience is necessary, just a passion for supporting our children's education!

Reach out to us at ;

Bahar - -chair.norgatepac@gmail.com

Cristina - communications.norgatepac@gmail.com

Together, we can make a positive impact on our school!

LOOKING AHEAD TO NEXT SCHOOL WEEK (JUNE 24 – JUNE 28)

Monday	Tuesday	Wednesday	Thursday	Friday
8:10-8:30 Breakfast Club Divisions 7 & 8 Sailing Field Trip 3:00 Dismissal	8:10-8:30 Breakfast Club Division 3 Sailing Field Trip 3:00 Dismissal Term 3 Summary of Learning (report card) will be published today	8:10-8:30 Breakfast Club 11:00 Grade 7 Farewell Assembly 2:15 Dismissal	8:10-8:30 Breakfast Club Last Day of Classes for all grades 3:00 Dismissal	8:10-8:30 Breakfast Club Administrative Day (School Not in Session) 3:00 Dismissal