

April 3 - 14, 2023

WHAT'S HAPPENING AT PEARSON ROAD

Principal's Message:

Warmer weather has returned and just in time for Spring Break. We hope you and your families have a wonderful time together doing all of the things you love. As you head out and about, just a friendly reminder to review safe travel rules with your loved ones. At our Terrific Kids Assembly this month we reviewed a safe travel to school video. Perhaps you can find some time to watch it with your children over the break and discuss your specific routes. I particularly like the recommendation to "stroll the last 5 minutes" of your trip. This helps reduce congestion in the areas directly outside the school property making it safer for everyone.

If you drive your children to school, please utilize our Kiss and Drop zone in the morning from 8:15-8:25am. Parents are to remain in the vehicle while students exit on the passenger side of the vehicle promptly. After school please be reminded that there in NO ACCESS to the parking lot for student pick up. Again, this is for the safety of everyone.



RDCO Air Quality Safe Walk to School Video:

https://www.youtube.com/watch?v=REuxjNyav6E

Have a wonderful and safe Spring Break! See you in April! Mrs. Ferguson ♥

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
BACK TO SCHOOL				Good Friday (NO SCHOOL)
Monday, April 10	Tuesday, April 11	Wednesday, April 12	Thursday, April 13	Friday, April 14
Easter Monday (NO SCHOOL)				

Important Dates to Remember:



PAC Mtg All welcome 5pm Libray	April 19
Class Photo Day	April 27
Terrific Kids Assembly 10- 11 AM	April 28



Copies of School Newsletter: "What's Happening at Pearson Road" can be found on our school website under the Parents tab> School News



WHAT'S HAPPENING AT PEARSON ROAD

HOT LUNCH at PSE!

Hot Lunch is available each Wednesday, and is a schoolfundraiser organized by our PAC. Families can choose to order food items if they choose to one month at a time.

Ordering for each month happens in the month prior please see here for further information:

HOT LUNCH ORDER CLICK HERE





While we acknowledge the valuable experiences that travel can bring to your families, we want to be sure you understand that extended family vacations can be complicated for several reasons. Students will miss valuable learning that teachers cannot replicate for you. Teachers will not create work packages for vacations, as they must focus on creating valuable in-person learning opportunities. As we have many students wishing to attend Pearson Road, students on extended vacations (longer than 1 month) may be required to withdraw from our school and reapply upon their return. We cannot guarantee availability at that point. Should you have further questions please contact Mrs. Ferguson to discuss.

Social & Emotional Update

As we approach Spring Break, I hear many people, students and adults alike, saying things like, "I can't wait for some down time!" or "I'm so tired!" or "I'm so excited about what I'm doing over Spring Break!" These statements remind me of how much we enjoy a change from our typical routines and slowing down the fast pace of our day-to-day lives. We know that rest, holidays, and having fun are important to us but what does science have to say about it?

Greater Good Magazine: Science-Based Insights for a Meaningful Life states 3 benefits to taking a vacation.

- 1. Vacations really are relaxing! The data shows that vacations boost our energy, reduce stress and increase our immune system.
- 2. In the long run, having a break from work makes us more productive and more excited to be there. As a teacher, I've noticed the same thing with students.
- 3. Taking a break boosts our creativity.

However, not all leisure activities give us these benefits. Different types of activities were compared in a German study. The results showed that connecting with people, exercise and travel increase well-being while too much screen time lowers it.

We here at Pearson Road hope you have a wonderful Spring Break, with time for family, friends and fun!

With Kindness, Mrs. Church (Social Emotional Learning) maegan.church@sd23.bc.ca

All student absences and lates must be reported through the <u>School Messenger App</u>:



You can enter absences in SchoolMessenger in 3 ways:

(1) Enter an Absence Using the Smartphone App

Download on





- (2) Enter an Absence Using the Online Parent Portal visit go.schoolmessenger.ca
- (3) Enter an Absence by Calling the School press "1" and follow the prompts

Planning Playdates at School

We have noticed an increase of students trying to plan playdates with school friends while at school. While we love to hear that our students are building great friendships with



school friends, please have your student get permission, organize rides and make arrangements at home the day before. We have noticed an increase of students needing the office phone to make play date plans rather than having it available for emergency use.

Grade 5 Parent Survey

Rutland Middle School, is looking for feedback for next years grade 6 students. They are planning band classes and are wanting to know if your student might be interested in taking band next year. This is not a commitment but for their information in planning. Please fill out the survey HERE.

Pearson Road Elementary



700 Pearson Road, Kelowna, B.C. V1X 5H8

Telephone 250-870-5049

Email: pse@sd23.bc.ca

Dear Parent/Guardian:

Each year, the Ministry of Education conducts an anonymous survey to gather opinions on achievement, human and social development, and safety. The survey is also used by the Representative for Children and Youth to report on the wellbeing of youth in BC, and by the Ministry of Health to support healthy school initiatives. Students in grades 4, 7, 10, and 12, and their parents, along with all school staff are asked to participate in the survey. *All parents are asked to participate.*

The survey is completed electronically. Below you will find the instructions needed to complete the survey, which takes approximately 5-10 minutes. Parents/Guardians can complete the survey any time before Friday, April 28th, 2023.

To complete the survey:

- 1. Go to www.bced.gov.bc.ca/sat survey/access.htm
- 2. Go to the Parents section and choose:

Direct Access-NO LOG ON number required option (bottom right)

3. Select District: 23 Central Okanagan,

School: Pearson Road Elementary School

Language: your preference

4. Please note there are a few additional questions added at the end specific to PSE that we would appreciate your feedback on.

Your participation in this survey will allow PSE and our school district to use your input when making decisions that impact your children. If you require further information, please contact the school at 250-870-5118. Thank you for taking the time to complete the survey.

Sincerely,

Nina Ferguson, Principal

Oral Health Month is coming!

April is national oral health month! As part of the activities, the Canadian Dental Hygienists Association (CDHA) is hosting our annual Attack the Plaque kids' colouring contest.

Download the colouring sheet, at www.cdha.ca/colouringcontest

Colouring contest deadline: May 1, 2023

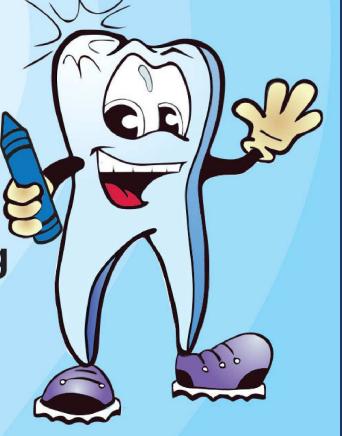


The new Colouring Contest is here!

Great Prizes!

Win a Toys R Us gift card and kids oral health prize packs from Sunstar G•U•M.

cdha.ca/colouringcontest





Sponsored by:

THE MOST POWERFUL WORDS A PARENT CAN SAY

by @inner_drive | www.innerdrive.co.uk

"I'M SO PROUD OF YOU"

Because it...

- Reduces fear of failure

 Often a child's greatest fear is letting you down. Using this sentence demonstrates your support and gives your child the confidence to experiment with new strategies.
- Increases self-esteem
 Showing warmth and affection can increase your child's self-esteem, as it helps them feel as though you accept them for who they are.
- Stops development of a fixed mindset Praising your child for the effort they put in, rather than their natural ability, can improve their reaction to failure and promotes a growth mindset.
- It's what a child wants to hear
 Your child is not looking for technical or tactical guidance but instead wants you to offer encouragement and common sense advice on effort, attitude and practical aspects.



French Immersion Kindergarten
Informational Session:
Tuesday, January 17, 2023
@ 6:00-7:00pm
bit.ly/FI-Information-Session

ONLINE APPLICATION for STUDENT ENROLLMENT begins on Monday, January 30, 2023, at 7:00 am for 2023 - 2024 School Year

(for kindergarten, new students, and Programs of Choice for K - 12)

Schools will be open at 7:00 am to provide telephone support to parents that require assistance.

Documentation Submission Deadline: Friday, March 17, 2023

If you are new to Canada, please contact the Welcome Centre for enrollment information at (250)470-3258

HOW TO APPLY

PLEASE NOTE: The application process is online only. You are required to have a valid email account.

In your web browser type: https://enrollment.sd23.bc.ca

No internet access? Please contact your school for assistance.

Online applications begin on Monday, January 30, 2023 at 7:00 am. Applications will be assigned a date-time stamp on a first-come, first-served basis, which will factor into a student's placement priority.

Complete the online application as early as possible, and provide the required documents listed below <u>directly to the school</u> by email by **Friday, March 17, 2023**.

- 1. Student's **Birth Certificate** or other government issued proof of age and citizenship.
- 2. Proof of Parent/Guardian B.C. Residency
 - a. Combination BC Driver's License and Services Card (copy of both sides); or,
 - b. BC Services Card (copy of both sides) and one item from the list of supporting documentation below; or,
 - c. Proof of application for BC Medical Services Plan and one item from the list of supporting documentation below.
- 3. Proof of Parent/Guardian Living Address/Supporting Documentation
 - Ownership of a dwelling or long-term lease or rental of a dwelling;
 - Documentation indicating British Columbia residence (i.e. utility bill);
 - British Columbia registration of an automobile;
 - British Columbia Driver's License (copy of both sides); or,
 - A current income tax return filed as a British Columbia resident.

AFTER Thursday, August 31, 2023

New in-catchment area enrollments: Parents will receive a confirmation email when the school has accepted the student's application for enrollment. Board Policy 405R – Student Placement (Regulations), will be used to determine student placement and priority.

New out-of-catchment area enrollments: Parents <u>may not</u> be notified until after the summer enrollment period is over and all in-catchment area students have been placed.

Qualifying age: The School Act requires that a child must be five years of age by December 31, 2023, to qualify for school enrollment in September 2023. No exceptions.

For further information, please visit the School District website www.sd23.bc.ca or call (250) 860-8888.



2023 Spring Program

EcoCooks Club is an afterschool program consisting of 8 fun-filled sessions.

Youth (grades 4-7) are immersed in this science-based environmental cooking program which creates a strong foundation to develop lifelong healthy and planet-positive eating habits.



Tuesdays | April 4th– May 23rd or
Wednesdays | April 5th – May 24th
Time | 4:15pm to 6:30pm
Location | Salvation Army Sutherland Church, Kelowna
Cost | Free

To register, please visit:
https://www.ecocooks.org/club-registration-kelowna
For more information, please contact:
Anna at awebster@uncf.ca



You are invited to: Pearson Road's Walk-Thru ELFF Night!

We are so excited to connect with you, the families of 3-5yr old preschool children, in our area! We have put together a learning kit for your child(ren) and encourage you to join us for a quick walk-thru on May 18th 5-6pm, where you can grab a family snack and your child's kit.





If you plan on joining us, please register* using this link: Pearson Early Learning Family Night

*We can accommodate the first 40 families.



UBCO Summer Sports Camps

Get in the game this summer with UBCO Sport Camps!

Led by nationally recognized coaches and student athletes, UBCO Heat Sport Camps offer a fun-filled week of skill development. These camps are a great way to introduce youth ages 5 to 17 to a sport or help them improve their techniques. Camp programming includes golf, basketball, volleyball, biking and more.

Camps are set to run in July and August at UBC Okanagan. Follow this **link** or check out goheat.ca/camps to learn more and register today!

Contact ubcoheat.summercamp@ubc.ca for additional information.





Enhancing Lives - Connecting Communities



Professional Communication Workshop Employment Services - KCR Community Resources March 21, 6:30 pm - 7:30 pm on Zoom

Ever thought about the do's and don'ts of communication in the business world? When do we use formal or less formal communication? Come and join us for this one-hour online session to learn about some tips and tricks for communication online and in person, and how to present oneself during interviews, meetings and networking events. Click HERE to register.



Westside Multiculturalism Day - Cultural Pavilions

Westside Museum Saturday March 24, 2023 10AM-4PM 2466 Main St. West Kelowna

Westside Multiculturalism Day is on June 24th. They are currently recruiting groups to perform and host a pavilion! What is a Cultural Pavilion? The primary objective and focus of a cultural pavilion is showcasing the culture you are representing. This can be as simple as having a couple of items to display, along with information about your culture, which can be in the form of brochures or an information board. It can also be as complex as having low-risk cultural food available for people to sample, interactive activities, being dressed in cultural garments, or anything else that you could think of. Learn more by emailing

brenden@westbankmuseum.com



March 27-31 | Ages: 9-12 | \$210 | Full Day | Barcode: 26191

For sport-lovers who want to experience a variety of new and exciting sports under the direction of certified coaches. If you're tired of the same-old sport scene, discover the Xcitement of XploreSportZ camps! Camps include opportunities to try new sports, instruction from certified coaches, daily recreational swims or skates, the "XploreSportZ Olympics" and loads









ROWS MINI RUGE

Crows Mini Rugby

Follow the link for more information: https://rugbycanada.sportlomo.com/

on the site, enter the province and city and choose the Crows Mini Rugby program

SUNDAY MORNINGS 9AM -11AM APRIL 16 - JUNE 11 2023 AGES 3 - 13

COME JOIN THE KELOWNA CROWS
AND BE PART OF THE GREATEST
SPORT ON EARTH! GET ACTIVE,
LEARN NEW SKILLS, MAKE NEW
FRIENDS AND BE PART OF THE
AMAZING KELOWNA RUGBY
COMMUNITY

HTTPS://RUGBYCANADA.SPORTLOMO.COM/

REGISTRATION STARTS AT \$90 FOR CLUB MEMBERSHIP, 8 WEEK PROGRAM, TRAINING IN THE FALL AND T-SHIRT!





REGISTER NOW FOR OUR FUN SRING BREAK CAMPS!!

CLICK HERE TO REGISTER FOR KELOWNA

CLICK HERE TO REGISTER FOR WEST KELOWNA

This spring break, join us for one of the best day camp experiences in the Okanagan! Our dynamic, Gymnastics BC trained instructors will lead campers through a mix of games and training exercises to build their skills while maintaining a safe and fun environment. We offer a variety of camps for a range of ages – beginners always welcome!

Fun Gymnastics Spring Break Camps 2023

Ages 5 - 12 years

Week 1: Monday, March 20 - Thursday, March 23 Week 2: Monday, March 27 - Thursday, March 30

Times:

Morning Session: 8:30 am - 11:30 am (Kelowna only)
Afternoon Session: noon - 3:00 pm (Kelowna and West Kelowna)

4-Day: Cost \$175/participant (morning or afternoon session) + GST Single-Day: Cost \$50/participant (morning or afternoon session) + GST

CLICK HERE FOR KELOWNA CAMP DETAILS AND TO REGISTER
CLICK HERE FOR WEST KELOWNA CAMP DETAILS AND TO REGISTER
LOOKING FOR PARKOUR/NINJA CAMPS? CLICK HERE

We look forward to seeing you at the gym! Your Kelowna & West Kelowna Gymnastix Teams



SPRING CLASSES

Spring Session runs from

April 3-June 25

Check out our class offerings at

okanagangymnastics.com

and sign up online!

SPRING BREAK CAMPS

Week 1: March 20-24

Week 2: March 27-31

\$300 per week

A fun-filled week of gymnastics, crafts, activities, pizza lunch and a movie on Friday!