



# syuwéñct Elementary

## NewsFlash

PRINCIPAL: Dr. Diane Charles  
SECRETARY 2/3: Mrs. Bev Lundine

VICE PRINCIPAL: Ms. Margaret Westaway  
SECRETARY 1: Ms. Adrianna Furlan

May 5, 2023

### POPCORN FOR BABY JUDITH

Families who are connected through the Friends and Family Facebook page may have seen the announcement of a popcorn sale, by donation, on Wednesday May 10<sup>th</sup>. We were all saddened to hear of the tragic death of baby Judith on April 25, 2023. I know the syuwéñct community joins me in sending their heartfelt condolences to the family.



### TRACK AND FIELD IS COMING!

Students in grades 3-7 have been given a permission slip for the upcoming school Track and Field meet on May 16. Students will be bussed to Rotary Bowl, the stadium behind NDSS, to participate in a series of running, throwing and jumping events. The schedule of events is including in this NewsFlash (and will be next week's too!) This is what we need from parents/guardians:

1. Return the permission form to classroom teachers as soon as possible.
2. Be a cheerleader for you child(ren). Track and Field is an individual sport, with the overall goal of students achieving a personal best result. While some students will move on to represent syuwéñct at the Zone meet later in May, the overall goal for the day is that all children leave Rotary Bowl with a sense of pride and accomplishment. Set the mindset that showing up and working hard is the absolute best we expect from each student.
3. Consider coming to the Track Meet to cheer your child(ren) on – even better, volunteer at one of the stations for part of the day!
4. Speak to Mother Earth that she will bless us with favourable weather for this day!

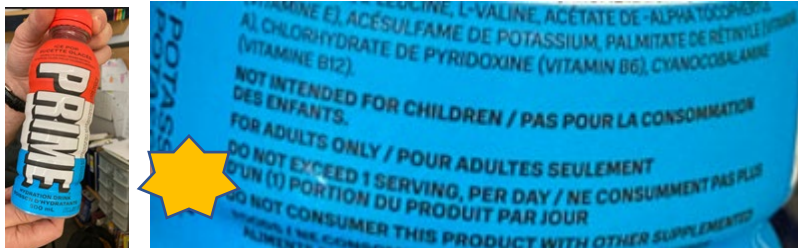
Make sure to check out the collection of lost and found items – they need to go home! Unclaimed items will be donated to charity at the end of the year.

## HYDRATION IDEAS

Now that we have warmer weather, we need to be paying even closer attention to ensuring students are well hydrated during the day. We often have students come to the office with complaints of headaches, only to find out that they haven't had anything to drink all day. The BEST source for hydration is water. Students are encouraged to bring a refillable water bottle to school, and use our water bottle filling station to fill it.



One of the drinks that has become very popular recently is "Prime". I am including a snip of the back label, as this particular product **is not intended for children**. Drinks high in caffeine, such as energy drinks, are also **not intended for children**. In keeping with healthy schools, we will be asking students to take these types of drinks home with them instead of consuming them here at school.



## CHECK OUT THE KIOSK AT THE HEAD OF THE TRAIL

In keeping with our partnership with NALT and the City of Nanaimo, Div 11 has made the latest addition to the information kiosk as the head of the Northfield Marsh trail. Check it out below – it's even better, go for a walk with your family and see it in person!



**erase**  
EXPECT RESPECT &  
A SAFE EDUCATION

Worried about something or someone?  
Use the **erase** site to seek help!

<https://www2.gov.bc.ca/gov/content/erase>

## CALENDAR UPDATES!

Visit our website for the most up to date calendar updates! <https://ct.schools.sd68.bc.ca/>

May 9	Div 13-16 Skating @ Beban 10:30-2:10
May 10	Popcorn for Judith by donation.
May 10	Div 4 to Museum 9:00-11:30
May 10	Div 9 Comic Con
May 10	Fun Lunch - Subway
May 10	PAC AGM 7:00 PM Zoom
May 11	Curriculum Implementation Day
May 12	School-Based Professional Day
May 16	School Track Meet Grades 3-7
May 17	PAC FUN FAIR
May 17	Div 8, 9 and 11 to Departure Bay Beach
May 19	Funky Friday!
May 19	Class and all-school Photo
May 19	Swim to Survive Grade 7
May 22	Victoria Day Holiday
May 23	Grade 7s to Wellington for Orientation
May 23	Great Canadian Invention Circus PM (ArtStarts Performance)
May 24	Div 3 to Bowen Park
May 25	Zone Track and Field Meet
May 26	Swim to Survive Grade 7
May 26	Fun Lunch – Cobs/Smoothies
May 29	Div 8 & 9 Swimming Beban Park
May 30	Welcome to Kindergarten!
June 1	May Month End Assembly Div 3 & 4

Non instructional days

## THE MASON BEES HAVE EMERGED!

It has been a literal “beehive” of activity at the Mason Bee Air Bee and Bee Hotel this week. The warm weather was the ticket as the bees are now actively doing their thing as pollinators for our garden. Please note: the tubes that hold the mason bees are needed to ensure that the bees have someplace to create their nests later in the season. We have noticed some of the tubes being removed, which is disappointing. If you are visiting the school outside of regular hours, please reinforce the need to leave the bee hotel as is!



### CHILD GOING TO BE AWAY?

Email [info.CT@sd68.bc.ca](mailto:info.CT@sd68.bc.ca) or call us at 250-729-0450.

[Our new name populates in the email message ☺](#)

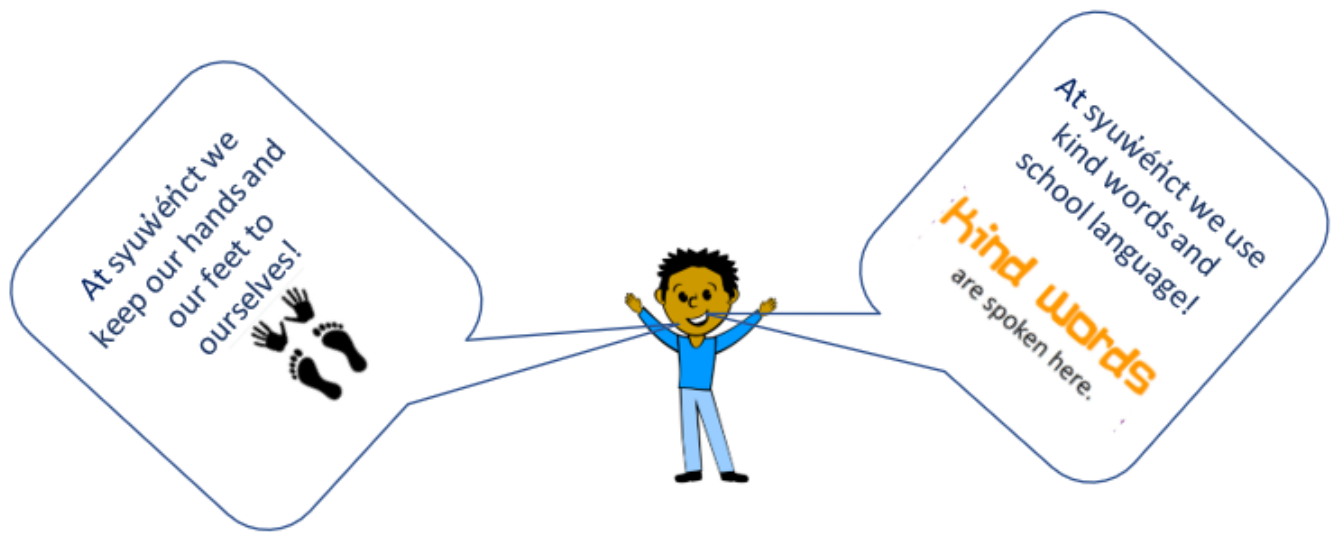
**syu'wé'nc't Elementary Track and Field Meet**  
**SCHEDULE OF EVENTS MAY 16 2023**

<b><u>TIME</u></b>	<b><u>FIELD EVENT</u></b>	<b><u>AGE GROUP</u></b>
9:15	Softball Throw Discus Long Jump Pit #1 Long Jump Pit #2	Pee Wee Girls Pee Wee Boys Bantam Boys Bantam Girls
10:15	Softball Throw Shot Put Discus	Tyke Boys Pee Wee Girls Bantam Boys
10:30	Long Jump Pit #1 Long Jump Pit #2	Pee Wee Boys Tyke Girls
11:00	Shot Put Discus	Pee Wee Boys Bantam Girls
11:30	Long Jump Pit #1 Long Jump Pit #2 Shot Put Softball Throw	Tyke Boys Pee Wee Girls Bantam Girls Tyke Girls
12:15	Softball Throw Discus Shot Put	Pee Wee Boys Pee Wee Girls Bantam Boys
12:30	*Triple Jump Pit #1 *Triple Jump Pit #2	PW/Bantam Boys PW/Bantam Girls

<b><u>TIME</u></b>	<b><u>TRACK EVENTS</u></b>	<b><u>AGE GROUP</u></b>
9:15	100m Heats	PeeWee, Tykes, Bantam
9:20	*1200 Timed Final	Bantam, PeeWee, Tykes
10:30	200m Timed Heats /Final	PeeWee, Tykes, Bantam
11:30	600m Finals	PeeWee, Tykes, Bantam
12:15	100m Finals	PeeWee, Tykes, Bantam
1:00	200m Finals (time depending)	PeeWee, Tykes, Bantam

**At School Events:** \*Events that are usually done at school that we are going to try and do at Rotary Bowl if we have enough volunteers and time.





## FUNKY FRIDAY IS COMING

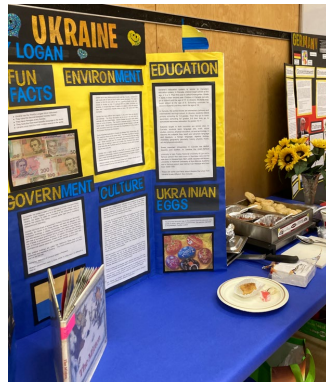
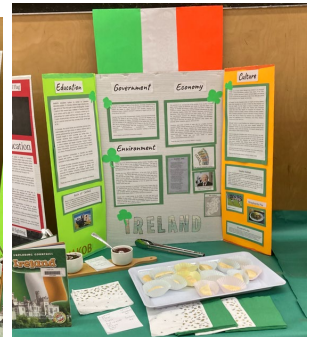
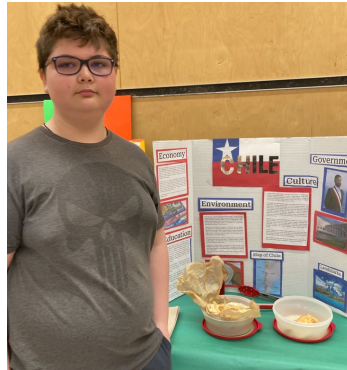
Our last Spirit Day is coming! We are having a “Funky Friday” on May 19<sup>th</sup>. What will be even more “funkaliscious” is the fact that we are also having class photos and our full school photo taken on this day. Classes are going to be challenged to create a theme for the day. For instance, Ms. Dickie’s class may choose to dress as “highlighters” in homage to Ms. Krystle! We are going to insist that we can see students’ faces clearly for the photos, so please keep this in mind when planning the outfits for the day. We had a lengthy conversation at our last PAC meeting on this and it was decided to “go for it” and make this year’s photos extra memorable.

## MS. PAKULAK’S COUNTRY TRADE SHOW

Ms. Pakulak’s grade 6/7 class shared their country projects with family members and the school community yesterday. The gym smelled amazing, as students had brought in food samples to share with guests that featured some of the customs from the country of study. It was a lovely celebration of learning!







MAY THE 4<sup>TH</sup> BE WITH YOU!





Join the Facebook Group!  
Family and Friends of syuWén'ct Elementary School  
stay in touch with all that is going on.

<https://munchalunch.com/login>

For returning families

<https://munchalunch.com/schools/syuwenct>

For new families



Need help in providing your child with the  
Fun Lunch through MunchaLunch? Please  
reach out to the school or the PAC!

If your child is absent on  
a "fun lunch" day, please  
contact the school by  
noon if you want to pick  
it up, otherwise we will  
donate the meal to  
another student.