



Director of Instruction: Mr. Christopher Wong  
Principal: Ms. Harjinder Sandhu  
Vice Principal: Ms. Amber Logie

PAC Chairperson: Ms. Melissa Hayward-Cheung and Ms. Monica Singh  
School Liaison Trustee: Ms. Preeti Faridkot



**With deep gratitude and respect, we are honoured to be learning and unlearning on the ancestral and unceded lands of the x̱məθḵəy̱əm (Musqueam), Sḵwxwú7mesh Úxwumixw (Squamish Nation) & səlilwətał (Tseil-Waututh Nation).**



## Drama and Dance Club Performance One Winter's Night

After months of rehearsal and dedication, these creative students were able to share their hard work and talents with the school and families on April 30<sup>th</sup>. The production, *One Winter's Night*, consisted of 3 vignettes written by the actors and a dance performance choreographed by the dancers. There was a full stage crew that helped create props, change scenes, operate the lighting and sound system. It was an amazing, cooperative effort. This creative work was done under the supervision and guidance of Ms. Ineke, Ms. Smith, Ms. Emily, and Mr. Chao. What a treat it was to see these students blossom and express themselves with such confidence. Thank you to all the families who were able to come to the after-school performance. We appreciate your support and financial donations.



# Mental Health Awareness Month

Check out the website for articles and resources: <https://mentalhealthweek.ca/>



During this pandemic, many of us have gone on an emotional rollercoaster ride with ups and downs and many curves! We have experienced stress, worry, boredom, empathy, compassion, hope, and optimism. All of us process our experiences in different ways and have our own unique emotional reactions. And all our emotions are ok! We just want to be able to manage them so that when we experience unpleasant ones, we are not overwhelmed, and have strategies to help calm down those uncomfortable emotions. At school we start to build social-emotional learning experiences by helping students name and express the emotions they are feeling. We then teach and practice strategies at school to help us regulate our emotions and stay calm. Some of the strategies we practice are finding time and space to talk about our feelings, taking sensory breaks, drinking plenty of water and eating healthy, exercising, deep breathing, mindful minutes, yoga, positive self-talk, and positive self-affirmations. Also, we walk, we run, we stretch, we sing, we draw, and we dance. Make sure you do what you need to do to take care of your health!

Your health is important and so are you! We need you! The world needs your genius!

To help yourself remain calm and at peace:

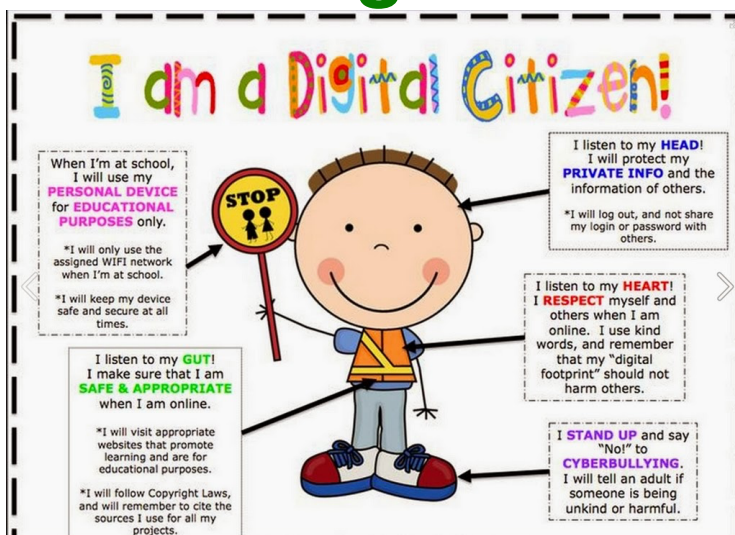
- You can spend time outside. Being outdoors can have powerful restorative benefits.
- You can turn to your family, friends, and pets for comfort and support.
- You can participate in hobbies that bring you joy like crafting, colouring, drawing, cooking, sewing, knitting, journaling, creative writing, photography or playing sports.
- You can eat healthily and try to reduce the number of processed foods you eat.
- You can reduce your screen time and make sure you put your device away at least 30 minutes before bed.
- You can make sure you get plenty of sleep. Children need 9-12 hours of sleep a night.

Here are some other helpful links:

<https://may7icare.ca/connecting-with-kids/>

<https://keltymentalhealth.ca/parents-caregivers>

## Digital Code of Conduct



Digital Citizenship is having the knowledge, skills and attitudes needed to demonstrate responsible, respectful, and safe behaviour when using technology or participating in digital environments.

### Acting Responsibly

- I will demonstrate ethical behaviour in the digital world just as I would in the real world.
- I will use technology in an appropriate manner.
- I will make appropriate digital decisions by committing myself to a high standard of conduct and procedure.
- I will NOT break any laws or rules dealing with the use of technology.
- I will follow the established rules surrounding technology and take responsibility for my actions.

### Acting Respectfully

- I will respect myself and others through my actions.
- I will demonstrate respectful digital etiquette.
- I will not use technology in a harmful, degrading, or inappropriate manner.
- I will demonstrate consideration and respect for school and peer technological resources and use them appropriately.
- I will model good digital behaviour.

### Acting Safely

- I will act safely in the digital world to prevent disruption or harm to myself and others.
- I will work to have a balanced, healthy-lifestyle relationship with technology.
- I will protect myself and others by reporting digital abuse of people and property.
- I will ensure the privacy of my own information.

Resources for parents:

<https://www2.gov.bc.ca/assets/gov/erase/documents/raising-digitally-responsible-youth.pdf>  
<https://protectkidsonline.ca/app/en/>



As technology has come to play an important part in our lives today, it is important that we learn to limit our time on devices for our own well-being. As caregivers, it is our responsibility to keep in mind the quality of the media children in our care are exposed to, as it is more important than the type of technology or even the amount of time spent on it. It is important that we all turn off our screens 30-60 minutes before bedtime.

# May is Asian Heritage Month

In May 2002, the Government of Canada signed an official declaration to designate May as Asian Heritage Month. Asian Heritage Month provides an opportunity for Canadians across the country to

Asian Heritage Month was established in Canada in 2002, officially, as a month to celebrate the contributions of Canadians from over 30 countries that make up Asian descent.

**Who is of Asian Descent?** 6 Regions of Asia

Asian is a broad term and applies to people who come from or are descended from people in 6 regions of Asia.



reflect on and celebrate the contributions of Asian Canadians to the growth and prosperity of Canada. The story of settlers coming from Asia to help with the development of Canada began in the 1880s. These visible minority settlers faced much discrimination and often their stories are forgotten in the retelling of our settler Canadian history. These people from all over Asia, with their diverse, rich, cultural heritage and languages, contributed, in the early days, to the development of our fisheries, farming and lumber industries, as well as helping build the Canadian Pacific Railway. The early Asian settlers to Canada were predominantly men and over the years, Canadians of Asian descent have contributed to all aspects of Canadian society, from politics, science, medicine, industry, commerce, sports, philanthropy, arts, and culture. Over the last two centuries immigrants have come from all over Asia and enriched the fabric of Canada, despite many racist Acts designed to keep them out.

Starting in 1885 the Chinese Head Tax was introduced as the white settlers feared that the Chinese immigrant workers would take away their jobs and establish their own communities in Canada. Many of these early, white settlers, especially in BC, wanted to keep Canada white. The Chinese Head Tax required the Chinese immigrants to have to pay \$10 to enter the country. As time passed the amount of money charged increased, to try to deter Chinese people from coming to Canada, in 1896 it was \$50 and in 1901, \$100, and by 1903 it had risen to \$500. (Today that would be roughly \$14000).

Immigrants of Indian descent, serving the British Empire, made visits to Canada and, as British subjects, some began to settle on these lands. It is believed that these soldiers traveled during the celebrations of Queen Victoria's Royal Jubilee and then again at the coronation of Edward VII. It is believed that by 1906 there were 5000 South Asian immigrants settled in BC, comprising of mostly Sikhs. Their presence was not welcomed and in 1907 BC Premier Bowser passed a bill to prevent all non- Anglo-Saxon natives of India from voting provincially. Since eligibility to vote federally was dependent on provincial voting, these immigrants were denied all voting rights.

In August of 1907, the Vancouver group Asiatic Exclusion League formed and on September 7, 1907, hundreds of people broke out into riots through Vancouver's Asian district to show their opposition to Asian immigration to Canada. As a result of their actions many Japanese and Chinese businesses and homes suffered extensive damage.

To further limit and restrict Asian immigration, the government passed the Continuous Journey order-in-council on January 8, 1908, prohibiting immigrants that did not travel directly from their native country to Canada.

To learn about these and many more stories of the settler experience then and now, please check out the following links:

<https://www.canada.ca/en/canadian-heritage/campaigns/asian-heritage-month.html>

<https://www.southasiancanadianheritage.ca/about-us/>

<http://allourfathersrelations.com/>

<https://ltgov.bc.ca/blog/equality-and-inclusion/celebrating-asian-heritage-month/>

<https://learning.royalbcmuseum.bc.ca/pathways/punjabi-experience-british-columbia/>

<https://museumofvancouver.ca/a-seat-at-the-table>

<https://heritagebc.ca/>

<https://explorAsian.org/>

<https://360riotwalk.ca>

The more we learn about our collective history and the story of our homeland, we gain a better understanding of each other and ourselves. Our understanding of each other builds a better understanding and foundation to develop health and supportive relationships that will only benefit our community.

## Safe Cycling Program: HUB Cycling

The Safe Cycling Program provides British Columbia elementary students with skills, confidence, and the opportunity to learn to ride their bikes to and from school. Cycling education for elementary students helps:



- reach goals related to [Vision Zero](#), climate action, active transportation, and healthy communities
- provide a safer way for students to get daily physical exercise and move within their community
- to raise a generation of sustainable transportation users and safe road users

Universal cycling education in schools is an effective way to raise a generation of sustainable transportation users and safe road users. Every child should finish elementary school having received cycling education (much like they do in many European jurisdictions) - this creates a systemic culture of cycling that permeates student, parent, and teacher lifestyles and transportation choices. HUB Cycling is excited to work with the [Ministry of Transportation and Infrastructure](#) to make universal cycling education a reality for BC youth. This year we are excited to have Divisions 1 to 6 participating in this program in the month of May! If your child wears a patka and you are looking for a helmet, please check this out: *Bold Helmets are available in Surrey at the following Canadian Tire locations – 7878-120 Street, 7599 King George Blvd, 3059- 152<sup>nd</sup> Street!*



## SUMMER LEARNING AND FUN

Summer will be here before we know it! If you need help to get your child involved in summer programming, please get in touch with Mr. Dave Fuller, our Youth and Family Worker. Mr. Fuller can assist with finding fun and educational activities at Sunset Community Centre or other places in the neighbourhood. Through Community Schools Teams and Enhanced Services at the Vancouver School Board, we may be able to provide some funding assistance for families that qualify. Don't hesitate to get in touch sooner than later. Spots are limited and they fill up fast. You can reach Dave Fuller by phone @ 604-713-4837 or by email [dfuller@vsb.bc.ca](mailto:dfuller@vsb.bc.ca)

ENGAGING and EDUCATIONAL play  
EXPERIENTIAL and ACADEMIC courses  
EXPAND your LANGUAGE skills

TO LEARN MORE VISIT:  
[summer.vsb.bc.ca](http://summer.vsb.bc.ca)

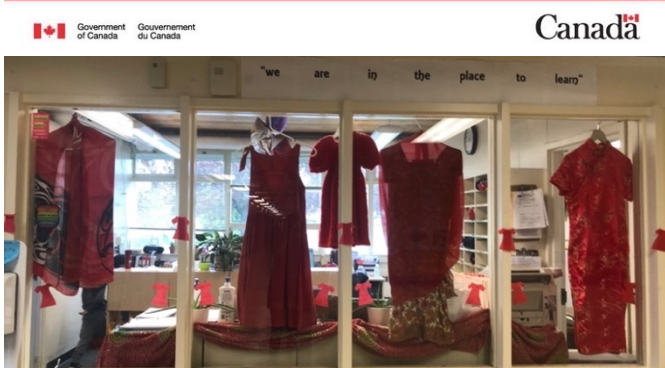
VSB summer school programs registration opened on April 24<sup>th</sup>. We have summer school right here at Henderson. Each student is entitled to register for one free program. Please check out the website [summer.vsb.bc.ca](http://summer.vsb.bc.ca) to see what programs are offered. There are some programs that do require a fee. It will be noted in the online description.

# The National Day of Awareness for Missing Indigenous Women, Girls, and Two Spirited



On May 5<sup>th</sup> we wear red to honour and remember the missing Indigenous women, girl, and two spirited members of our community in North America that have gone missing. Supporters also hang red dresses from trees and structures to symbolize the lost lives of the victims. We use this time to reflect on what we can do to help end and learn from this tragedy.

We wear red as it has been said in the Indigenous community that red is a colour that transcends the physical world and calls to the ancestors in the spirit world. For ceremony and pow-wow, Indigenous families dress their children in red as an introduction to the ancestors, calling upon them as guardians to the young.



## Mark Your Calendars



- **May 13<sup>th</sup>** - **PAC Meeting @ 6:30pm** doors open for 6:45pm start.
- **May 15<sup>th</sup>** - **Theme Day: Neon Day**
- **May 17<sup>th</sup>** - **Sports Day**
- **May 20<sup>th</sup>** - **Victoria Day – No School**
- **May 21<sup>st</sup> to 29<sup>th</sup>** – **HUB Cycling Program for Divisions 1 to 6**
- **May 21<sup>st</sup> to May 23<sup>rd</sup>** – **Talent Show Auditions**
- **May 22<sup>nd</sup>** - **PAC Pizza Lunch**
- **May 24<sup>th</sup>** - **Welcome to Kindergarten (for new families entering 2024-2025)**
- **May 31<sup>st</sup>** - **Volunteer Tea (11:30 to 12:30)**
- **June 3<sup>rd</sup> to 5<sup>th</sup>** – **Grade 7 Camp**
- **June 5<sup>th</sup>** - **Theme Day: Favourite Character Day**
- **June 7<sup>th</sup>** - **Play Day**
- **June 10<sup>th</sup> to 13<sup>th</sup>** – **Talent Show – sharing afternoons (more information to follow)**
- **June 13<sup>th</sup>** - **VCC Tooth Trolley 9am to 12pm**
- **June 17<sup>th</sup>** - **PAC Meeting @ 6:30pm** doors open for 6:45pm start \*AGM and elections.
- **June 18<sup>th</sup>** - **MaraFun**
- **June 19<sup>th</sup>** - **PAC Pizza Lunch**
- **June 21<sup>st</sup>** - **Grade 7 Leaving Ceremony**
- **June 24<sup>th</sup>** - **Summary of Learning Reports go Home.**
- **June 27<sup>th</sup>** - **Last Day for Students**