



Director of Instruction: Christopher Wong
Principal: Harjinder Sandhu
Vice Principal: Scott Hughes
PAC Chairperson: Holly Flauto and Miriam Maxcy
School Liaison Trustee: Christopher Richardson



With deep gratitude and respect, we are honoured to be learning and unlearning on the ancestral and unceded lands of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh Úxwumixw (Squamish Nation) & səlilwətał (Tsleil-Waututh Nation).

HENDERSON FINE ARTS SHOWCASE

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 23rd. The production of different vignettes written by the student actors and they incorporated choreography with the assistance of Ms. Glory. 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. Smith, Ms. Emily, and with the assistance of Ms. Ineke. What a treat it was to see these students blossom and express themselves with such confidence. Thank you to all the families



ARTspeak Exhibit

Student in Divisions 4, 5 and 6 had the incredible opportunity for their work exhibited in a public gallery. Components of all student artwork from their sessions with artist Monica Cheema were a part of the display at **ARTspeak gallery, 233 Carrall Street.**

The Title of the Exhibition was **Who are we between the Sound and Silence?**
This exhibition affirmed and gave voice to the important ideas, feelings, and experiences of students that emerge in the space between poetic language and expressive gesture using sound, light, sculpture, collage animation and poetry.

The exhibit opened on April 23rd for select students, their families and artists. The gallery was open for public viewing from April 24th to April 26th. Thank you to those who were able to attend. It was an impactful and inspirational event, being able to witness the vulnerability students expressing showing themselves through their art and spoken word.



Artist Tami Murray has been working Divisions 11,12,13,14,15 and 16 and set up a wonderful displayed of the work to share during conferences. This year Tami had students focus on inner strength, examining where they might find the tools to keep going and who they can lean on for support. Students created a low relief tile that catalyzed their storytelling, sharing stories about inner strength and perseverance that celebrate their attributes and recognize their resilience. They explored these stories, uncovering inner strength and promoting positive growth throughout each cohort. All of the AIRs projects will be shared later this month at the VSB.



Sport Day 2025- Go Canada

Sports Day is on Thursday, May 15th. The schedule is as follows:

9:00-9:15 Attendance and organization in classrooms
9:15-9:30 Gather outside for land acknowledgement and warm up
9:30-10:30 Rotation through 5 stations
10:30-10:50 Regular Recess
10:50-11:00 quick snack and washroom break
11:00-12:00 Rotation through 5 stations
12:00-12:05 Back to classrooms to get ready for lunch
12:10-12:52 Regular Lunch
12:52-1:15 Attendance and preparation for outside races
1:15-2:00 School wide grade group races and winner reveal
2:00-2:58 Back to classrooms
2:58 Dismissal



The PAC is selling snacks for Sports Day! Get your orders in before May 11th. To place your orders, go to <https://munchalunch.com/>, login, and then click on "Fundraising Open" in the top bar. We're selling fruit, chips, candy, seaweed, rice crispy squares and chocolate bars! All proceeds go towards supporting the school. *You will not be able to select specific flavours of chips or chocolate bars. It will be random.

PAC Scholastic Book Fair



Thank you to the PAC for organizing this year's bookfair during our last set of conferences. Many families made it into the library to purchase new books. \$4000 worth of purchases were made, and this allowed the PAC to purchase \$1500 worth of books for the school library and classrooms. Thank you to everyone who made a purchase and thank you to all the community members that volunteered their time, both adults and students! We appreciate all the support and all the books!

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 Ms. Miriam Go, our Youth and Family Worker. Ms. Go may be able to assist with finding fun and educational activities in the neighbourhood, may already be full! 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 Miriam Go by phone @ 604-713-4837 or by email mgo@vsb.bc.ca



SUMMER EXPERIENCE

Programs for Elementary, Secondary, and International Students

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

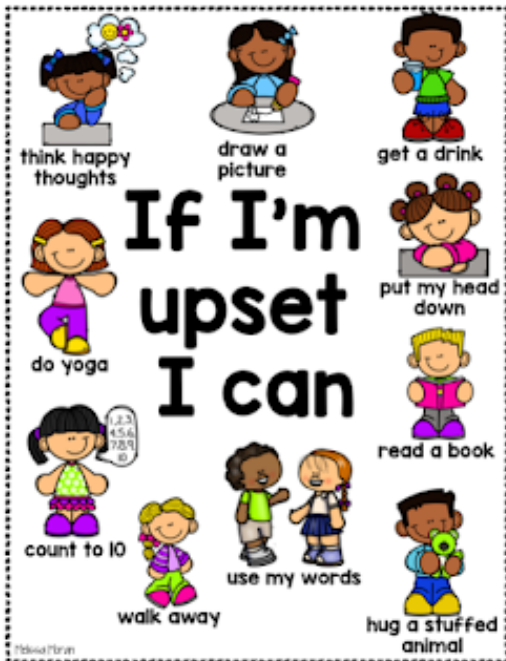
TO LEARN MORE VISIT:
summer.vsb.bc.ca



VSB summer school programs registration opened on April 23rd. Each student is entitled to register for one free program. Just a reminder that all Summer Learning registration is **ONLINE ONLY** at <https://summerreg.vsb.bc.ca> and only available online. There are some programs that do require a fee. It will be noted in the online description.

Mental Health Awareness Month

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



As a part of life, we often go 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:

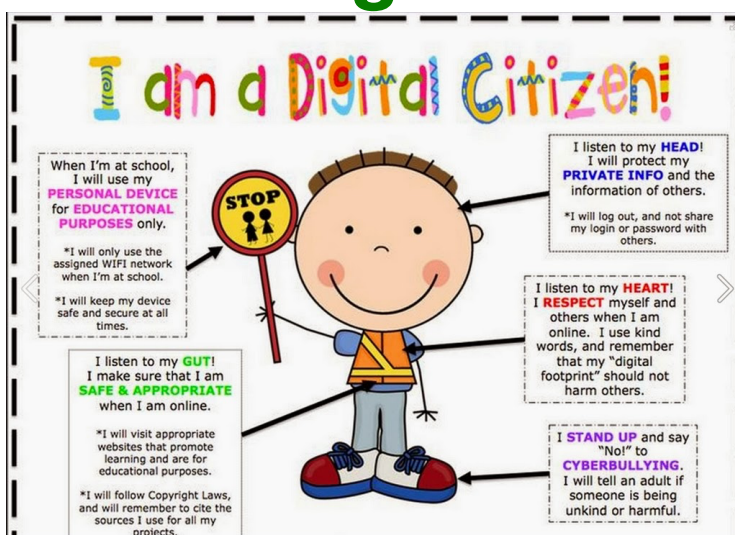
- You can spend time outside. Being outdoors can have powerful restorative benefits.
- You can turn to your family, friends, and pets for comfort and support.
- You can participate in hobbies that bring you joy like crafting, colouring, drawing, cooking, sewing, knitting, journaling, creative writing, 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. Please discuss with your children what they are consuming online. Be aware of what, who and when they are engaging with on social media. 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).

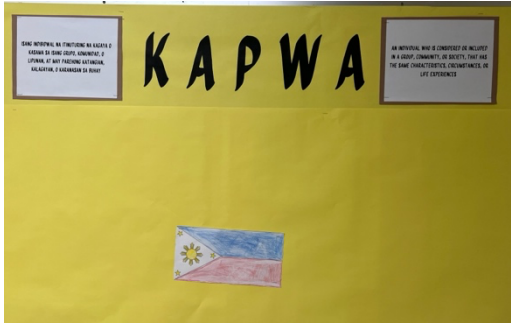
Immigrants of Indian descent, serving the British Empire, made visits to Canada and, as British subjects, some began to settle on these lands. It is believed that these soldiers traveled during the celebrations of Queen Victoria's Royal Jubilee and then again at the coronation of Edward VII. It is believed 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.



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



On May 5th we wear red to honour and remember the missing Indigenous women, girl, and two spirited (MMIWG2S) 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.

After the Bell



The [podcast, After the Bell](#), the learning series is designed to be accessible and informative, featuring education subject matter experts and practical takeaways for families.

In this episode an important and sometimes controversial topic of sexual education is addressed. Episode 33 features sexual health expert, author and educator, Saleema Noon! Saleema and members of her team have been working with us here at Henderson over the years, including this year. If you enjoy this episode, please subscribe to our podcast and leave a review. Your feedback helps us improve and create more content you'll like.

Parent Advisory Council (PAC)

Parents and Caregivers play an important role in the school and we encourage them to participate as much as they can. Henderson School is well supported by our PAC. The PAC provides wonderful support in many areas of the school— planning and organizing special events, fundraising for field trips and school needs, and communicating with parents, caregivers, and the school. They are always open to new members and welcome both new families and returning families to become involved. For more information you can contact the PAC Executive at johnhendersonpac@gmail.com

Upcoming meetings (no RSVP needed to attend):

Meetings are on Mondays in the Nest (school library). Doors open at 6:00 pm and childminding is provided. The last meeting of the year is June 2nd.

The PAC is looking for volunteers for the upcoming PAC Family Dance with DJ Rock 'N' Beau. Please email them if you are available. Thank you.

Mark Your Calendars

- May 5th - PAC Meeting @ 6:00 pm library
- May 7th - Theme Day - Soccer and Basketball Day
- May 7th - Immunization Clinic - Gr. 6 and Kindergarten
- May 7th - PAC Meeting @ 6:00 pm library
- May 8th - Earthquake Drill - Big One @ 2pm
- May 9th - Musical - "Rock" Directed by Ms. Leahy Grade (Div. 18 and Grades 2-5)
- May 15th - Sports Day and Grade 7 Collab Café cash sale of ADST made goods
- May 16th - Pro-D Day - **No School for students**
- May 19th - **No School** - Victoria Day
- May 21st - Theme Day - Beach Day
- May 22nd - VSB Indigenous Moving Forward Ceremony for Indigenous Gr. 7 Students
- May 29th - PAC Family Dance
- May 30th - Babysitting Course for registered students with Ms. Miriam
- June 2nd to 4th - Grade 7 Camp
- June 2nd - PAC Meeting @ 6:00 pm library
- June 5th - District Track & Field Meet @ Swangard (mini meets: May 14, 21, 28)
- June 11th - Theme Day - Rainbow Day
- June 13th - Mara Fun 2025
- June 20th - Theme Day - Fancy Friday
- June 20th - Grade 7 Leaving Ceremony
- June 25th - Learning Summaries go home for the last term
- June 26th - Last day of School for Students

What Did You Do at School Today?

