



## NIGHTINGALE NEWS

Principal: Angela Hughes  
Director of Instruction: Janis Myers  
School Trustee: Suzie Mah

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### Dates to Remember in April

Tuesday, April 4	...Class and Group Photo Day
Thursday, April 6	...Spring Market
Friday, April 7	...Good Friday—statutory holiday
Monday, April 10	...Easter Monday—statutory holiday
Wednesday, April 19	...Fire Drill
Monday, April 24	...Professional Development Day
Wednesday, April 26	...Spring Musical (1:30 p.m. or 6:00 p.m.)

### A Message from Ms. Hughes

Welcome back from spring break! I hope everyone had a lovely break and is ready for the final three months of the 2022-2023 school year. It has gone by so fast!

It is the time of the year that we are seeing signs of spring and classes are getting out into the garden. See page five for an update on the hard work that has been taking place to prepare our garden planters for the season.

We are also getting ready for our PAC spring coffee morning and craft fair next week. See page two for more details.

It has been said that an hour in the garden puts life's problems in perspective.

Being with nature, going for a walk, gardening, and just being outside can work wonders!



### "PROUD TO BE HAWKS"

Honest, Awesome Attitude, Working hard, Kind, Safe

### REPORTING STUDENT ABSENCES

If your child is sick and unable to attend school, please report your child's absence:

**Call 604-713-5159 school code 59#**

**or**

**[nigattendance@vsb.bc.ca](mailto:nigattendance@vsb.bc.ca)**



Report your child's first and last name, division number, and teacher's name. It is important that you do call this number, even if you have sent a message to your child's teacher via e-mail. This will let the office know your child is absent so that we know they are safe at home. Teachers do not necessarily check their e-mail or they may be away themselves and we would not have access to the information. Thank you.

We would like to humbly acknowledge that we are learning, unlearning and relearning on the unceded, un-surrendered, and traditional territories of the xʷməθkʷəy̓əm | Musqueam, Skwxwú7mesh | Squamish & səliwətaʔ | Tsleil-Waututh Nations. With this acknowledgement comes the commitment to engage in ongoing acts of reconciliation.

## PAC Updates

Our **very enthusiastic PAC fundraising committee** continue to organize fundraisers and activities for our school. This is what they are planning in the days and months ahead, more details to come closer to the dates:

- Spring Coffee Morning and Craft Fair  
Thursday, April 6 , West Coast Seed order pick up
- Earth Week Bottle Drive - Friday, April 21
- HAWKS Night 2023—Friday, June 16th

To get more information about upcoming PAC events, how to get involved, and PAC fundraising, please visit their website.

## Spring Musical



Our spring musical practices are well underway and ticket ordering has begun. Please go to the link below (that was also sent via e-mail on Thursday, March 30) to order your tickets.

<https://forms.office.com/r/T6rXgHwOSR>

If, after initial distribution we have more space, we will distribute more tickets as requested. While we are not charging for tickets, we will have a donation box on the day of the performance. For more information about our musical, please see Mr. Bonnell's website.

Please note, although your child may not have a leading part in the musical, all children are participating. More information on arrival times will be distributed closer to the date.

## Digital Citizenship Resources



“How can we possibly control what our children are doing on their devices?” is a question that intermediate staff at school often get asked by parents and guardians. Many children want to have their own device for fear of missing out. Their friends have them and they want them too. When a child finally gets their first device there are some very important things that you can do as a parent to help guide them towards making good choices as they navigate the world of social media. Here are some resources you may find useful that will help you understand some of the platforms they are using, some of the language they use, some of the rules you can set around their device use, and how to teach them the critical skills of digital citizenship.

- Nightingale Website—some resources here including a parent guide and a reporting tool for students
- Safer Schools Together Parenting Resources (pay particular attention to the Family Cell Phone and Technology Contract)
- The White Hatter—online parenting book (pay particular attention to Section 5—keep technology out of the bedroom!)

Internet use and social media platforms, when used appropriately, are a wealth of information and have many positive uses. As children become older and engage more in their use, it is important for the adults in their lives to help guide them and teach them how to stay safe and become digitally responsible citizens.



*At Nightingale we love our school!*

## Nightingale Website



As a reminder, pro-d dates, holidays, conferences and other events are all noted on the Nightingale website.

## Mindful Mondays and Wiggle Wednesdays

Join Mr. Thomas every Monday morning from 8:45 - 8:55 am in the gym for ten minutes of mindfulness, grounding and soothing practices to help us all learn how to better self- and co-regulate together. No experience required. The techniques we will learn are very simple and can be very effective. Parents, children and staff are welcome. Chairs will be provided for those that wish them. Mindful Mondays will start on Monday, April 3 and continue until the end of the school year. Wiggle Wednesdays will also continue for the rest of the school year.

## Diversity Calendar

April 7—[Good Friday](#) (Christian)  
 April 9—Easter Sunday (Christian)  
 April 5-13—[Pesach/Passover](#) (Jewish)  
 April 14—[Vaisakhi](#) (Dogra, Sikh, Hindi)  
 April 16 —[Orthodox Easter](#)  
 March 22 to the evening of April 20—[Ramadan](#)—Islam  
 April 21—Beginning of [Ridván](#) —Bahá'í  
 April 21—[Eid al-Fitr](#)—Muslim  
 April 22—International Earth Day

Listed to the left are some of the observances, holidays, celebrations and notable dates in March. *I extend my apologies if I missed an observance that your family recognizes, please do let us know!* This addition to the newsletter is intended to be inclusive

and we welcome any and all additions.

If you would like your family observances or celebrations to be acknowledged, please e-mail [Angela Hughes](#) and they can be added to the newsletters. Click on the links to learn more about each event.

## Speed Change on 12th Avenue

As a reminder, the speed limit on 12th Avenue between St. George and Guelph Street has been reduced to 40km/hour between the hours of 8:00 a.m. and 5:00 p.m. weekdays. Since we now have adult crossing guards, they have noticed that the lights are automated and it isn't necessary to press the buttons. Another safety tip—stand away from the edge of the road when you are waiting to cross. If you are interested and able to volunteer some time, please reach out to [Paul](#), parent coordinator, to be added to our list and receive some training. Thank you to all those who have volunteered!



## Drop off and Pick up Times

This is just a reminder that before and after-school supervision is as follows:

Morning 8:40 a.m.—9:00 a.m.

Afternoon 3:03 p.m.—3:20 p.m.

We ask that parents do not send their children to school prior to 8:40 a.m. unless there is a before-school event that your child is involved with. Over the past couple of months we have noticed some students arriving well before we have any supervisors outside. Children should not be wandering around the school by themselves in the early morning. Some suggestions are to see if your child can walk to school with another child or possibly another parent or two might be able to bring your child when they drop off. If your child leaves home independently, please remind them of an appropriate time to be arriving at the school. Thank you for understanding and following our supervision times.

## Family Affordability Plan

We do still have funds available to help families through the government's family affordability plan. Please reach out to the office if you think it would be helpful to receive a gift card for groceries and/or clothing for your child.



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## The VSB is Hiring!

Much like other school districts and the broader public sector, the VSB is looking to hire more staff. Hiring is underway for all types of positions (grounds staff, maintenance, custodial workers, school and student support workers, supervision aides, teachers, principals, finance and purchasing specialists, to name a few. Please take a look at the [VSB website](#) for more information and please spread the word!

## VSB Budget

The draft 2023-2024 VSB budget will be presented on April 3 at 7:00 p.m. This will be a live broadcast. The link can be found in the **Calendar of Events** on the VSB website, in the meeting details window of the April 3 Special Board meeting. The link will also remain active following the meeting for future viewing. If you have any questions regarding the draft budget after viewing the broadcast, they can be submitted by email to: [budget2023-2024@vsb.bc.ca](mailto:budget2023-2024@vsb.bc.ca). Information on the 2023-2024 budget process can be found on the VSB website [here](#).

## After-School Program for Grades 1-4

Yogabuggy is starting up again this spring for children in grades 1-4. If you are interested in registering your child for this program, please visit the [Nightingale Website](#) for more information and a link to register.



**Mindfulness & Movement for Kids!**  
with the Yoga Buggy @ Florence Nightingale

**\$135\*** Tuesdays, 3:00-4:30pm  
April 4 - June 6 **Grades 1-4**

\*sliding scale available - contact admin@yogabuggy.com

Join Yoga Buggy for fun classes that incorporate music, movement, mindfulness activities, games, arts & crafts, storytelling and more.

Yoga encourages attention span, self-regulation, body positivity, confidence, strength, flexibility, balance, resilience, and social emotional awareness.

Come play with us!

#bringingyogatoallkids




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## Spring is in the Air

With the weather changing it is time to start thinking about the school garden again. Thank you to the PAC for financially supporting our garden. This support and money from a grant has allowed us to have a large, fresh delivery of soil to replenish and enhance the existing beds. The students are very efficient now, working very quickly and cooperatively to help disperse the soil in only a few hours! Many students love this physical work and the weather co-operated with us to make it a fun activity for all.



Over the coming weeks the students will have the opportunity to plant seeds and learn about life in the garden, incorporating native plant species, and learning about their traditional uses and their importance to many Indigenous peoples.

## Zine Fundraiser for the Vancouver Black Therapy and Advocacy Foundation

From February 21<sup>st</sup> to 28<sup>th</sup>, Division 2 ran a fundraiser to raise money for the **Black Therapy and Advocacy Foundation** (<https://vancouverblacktherapyfoundation.com/home>) in honour of Black History Month. They sold copies of student-made zines (mini books) that tell stories of important contemporary and historical figures in Black history.

The total amount raised was \$153.00—amazing considering each book sold for only 50 cents (or by donation). Well done Division 2! Thank you to all the families that were able to drop by to purchase a book.



## YMCA Generation Health

Generation Health is a **FREE 9-week healthy lifestyle program** for children and their families, delivered through YMCA BC and in partnership with the Childhood Obesity Foundation. Program participants will meet virtually to learn about healthy eating, physical activity, goal setting, body image, self-esteem and more!

There are 3 program days to choose from: Tuesdays, Wednesdays and Thursdays from 6:30-8:30 pm.

To register, phone 1-888-650-3141 or send an e-mail to [generationhealth@bc.ymca.ca](mailto:generationhealth@bc.ymca.ca).

**Families who join this program receive a complimentary membership to the YMCA.**



### Join Us For Generation Health This Spring!

Learn about healthy eating & physical activity and build long-lasting healthy habits as a family in Generation Health. This 10-week program for families with children ages 8 to 12 is free, interactive and FUN!

Delivered virtually through YMCA BC starting April 2023 on Tuesday, Wednesday, and Thursday evenings.

Interested? Register today!

Call 1-888-650-3141 or email [generationhealth@bc.ymca.ca](mailto:generationhealth@bc.ymca.ca)



[gv.ymca.ca/generation-health](http://gv.ymca.ca/generation-health)



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## Food Waste and Robots with Division 1

**Did you know that 58% of all food produced in Canada is wasted?!?**

Division 1 wrapped up a successful unit on Food Waste. The students investigated all aspects of food waste – from farms to grocery stores to their own households. A food waste fair was held before the break to share what they had learned with the whole school!

Tips to reduce your food waste:

- Plan your meals to utilize all aspects of the food you buy
- Store items in the correct places in the fridge
- Only fill your plate with what you plan on eating
- Question best before and expiration dates.

*Want to do more?*

Become a Food Runner and help get food from areas of excess to areas of need:



SCAN ME

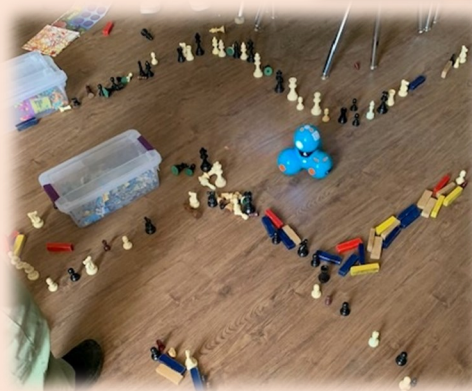
Download the app, Too Good To Go to rescue food and save money:



SCAN ME

## Robots and Coding

When Division 1 returned from spring break they started learning block code using Dash robots on loan from the district. The children have been having a great time and making comments that they have been learning coding but it feels like playing while they are learning. They are building mazes and training (programming) the Dash robots which requires both teamwork and problem solving. Some students felt like the robots had minds of their own and even a personality! They were able to make Dash talk with their own voices which also made it more fun.





# Nightingale Art



## Spring has Sprung—By Division 7

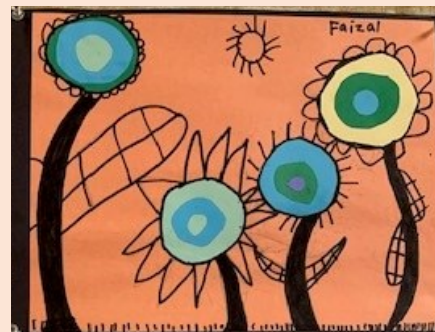
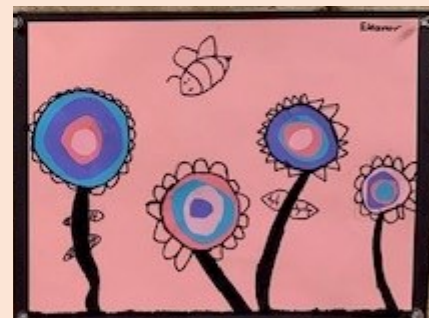
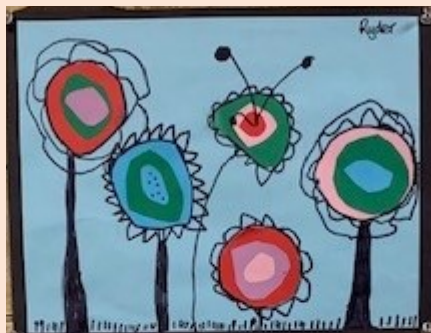




# Nightingale Art



## Abstract Fabulous Flowers—By Division 6





# Nightingale Art

