

# Ecole Hammond Bay School

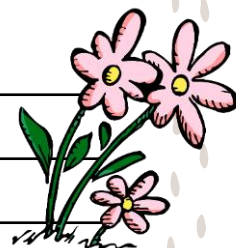
## Weekly Memo

### Monday April 8<sup>th</sup> – Friday April 12<sup>th</sup>

<b>Monday, April 8</b>	Dungeon & Dragon's Club in the library – big recess Bantam Boys Basketball practice – big recess Crochet Club Gr 6-7 in room 1007 – big recess PAC meeting via TEAMS 8:00 pm <a href="https://teams.live.com/join/9310534656119?p=YvYG1fn2UABMeAm4">https://teams.live.com/join/9310534656119?p=YvYG1fn2UABMeAm4</a>
<b>Tuesday, April 9</b>	Bantam Girls Basketball practice – big recess Bantam Girls Basketball game (@Ladysmith Int) 2:30
<b>Wednesday, April 10</b>	Bantam Girls Basketball practice 7:45am Gr 6/7 Book Battle in the library – little recess Karaoke in the music room – big recess
<b>Thursday, April 11</b>	Popcorn Day Bantam Girls Basketball practice – big recess Loose Parts play in the library – big recess Chess Club Gr 5-7 in room 1001 – big recess
<b>Friday, April 12</b>	Bantam Girls Basketball practice – big recess Chess Club Gr 1-4 in room 1001 – big recess Bantam Boys Basketball practice – 2:15

### Upcoming Dates

<b>April 18<sup>th</sup> &amp; 19<sup>th</sup></b>	Gr 7 Bottle Drive
<b>April 19<sup>th</sup></b>	Hot Lunch - Mambos
<b>April 22<sup>nd</sup></b>	Hammond Bay Track Meet (Grades 3-7) Earth Day
<b>May 5<sup>th</sup></b>	MMIWG RED DRESS DAY
<b>May 22<sup>nd</sup></b>	Class photos
<b>May 29<sup>th</sup></b>	Zone 1 Track Meet (for athletes who qualify)



## Parent Corner

**Triple P Parenting**, contact Kendra @ Island Health, 250.618.9422 (parents of 2-12 years old)

- Power of Positive Parenting (April 10, 6-7.30)
- Confident Competent Children (April 17, 6-7.30)
- Raising Resilient Children (April 24, 6-7.30)

### **Building Resilience in Children: 20 Practical, Powerful Strategies**

“Resilience is being able to bounce back from stress, challenge, tragedy, trauma or adversity. When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world”

<https://www.heysigmund.com/building-resilience-children/>

### **How To Empower Children When They Struggle**

<https://biglifejournal.com/blogs/blog/empower-children-struggle>

**erase** | EXPECT RESPECT &  
A SAFE EDUCATION

**you're not alone**  
– everyone needs to  
ask for help sometimes



### **Erase Report it Tool**

Resources & Information:

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

Upcoming family sessions – April 10 & 16

<https://pages.saferschoolstogether.com/erase-family-session>

## **VOLUNTEERS NEEDED!**

**Track & Field School Meet – Monday, April 22<sup>nd</sup> - Grades 3-7**

**We need many volunteers to run our track meet** with tasks such as timing, measuring, and recording. Consent forms came home this week. Please indicate on that form that you can volunteer at the meet. The more volunteers we have, the more we can divide up the tasks.

PAC will be running the concession stand at the school track and field meet on April 22<sup>nd</sup>. They will have snacks, drinks and Mambos pizza available.

## Hot Lunch Orders

Get your orders in for the Spring 2024 Hot Lunch dates (April – June). Next up is Mambo's Pizza on Friday, April 19<sup>th</sup>

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

Email [ecolehammondbaypac@gmail.com](mailto:ecolehammondbaypac@gmail.com) with any questions.

## Items of Interest

### Solar Eclipse

On Monday, April 8<sup>th</sup> there will be a solar eclipse. Unlike the 2017 total solar eclipse in Oregon, Nanaimo will only see a 10% partial eclipse next Monday.

<https://www.timeanddate.com/eclipse/in/canada/vancouver?iso=20240408>

For precautions:

- Do not look directly at the sun, the best way to see any part of the eclipse is by making a pin hole camera.
- Even if its cloudy, it should only be directly viewed using proper solar glasses.
- The NASA website will have a live broadcast of the eclipse (maximum eclipse 11:17 am Nanaimo time) and it has a great safety page.

<https://science.nasa.gov/eclipses/future-eclipses/eclipse-2024/>

## Grade 7 Fundraiser



**BOTTLE  
DRIVE** 

Help support our cause by collecting your bottles and cans to our upcoming Bottle Drive!

**BRING YOUR RECYCLING TO  
SCHOOL - APRIL 18 & 19**  
**8:00-8:35 in the designated drop-off  
area!**

to support the  
grade 7 class



## Library Learning Commons:

16 of our grade 4 and 5 students recently participated in the Vancouver Island Regional Library **"Reading Link Book Challenge"**.

Working in teams, each team member was asked with becoming an expert on one of the six chosen novels. Their dedication paid off!

After an exciting competition that went into sudden death overtime for six questions, we are proud to announce that our grade 5 team, "Team Book Worms," was triumphant! Their teamwork, dedication, and knowledge earned them a chance to represent our school at the district level, on April 5th.

I am so proud of every student who participated!

Please join us in wishing Team Book Worms the best of luck as they prepare for the district-level competition.





## More of what is happening at Ecole Hammond Bay



This week Div 2 learned about the ***Seven Sacred Teachings***. We learned that they are values that guide us in how we treat each other and ourselves.

The ***Seven Sacred Teachings*** are love, respect, wisdom, courage, honesty, humility and truth. Each is represented by an animal:

Love-Eagle | Respect-Bison | Wisdom-Beaver | Courage-Bear  
Honesty-sasquatch | Humility-Wolf | Truth-Turtle

