



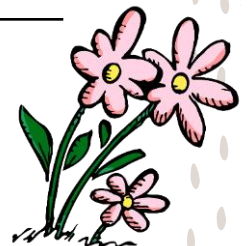
Weekly Memo

Monday May 27th – Friday May 31st

<i>Monday, May 27</i>	Happy Monday
<i>Tuesday, May 28</i>	Grade 6 Immunizations AM Grade 7 students who are attending NDSS next year will be visiting NDSS AM
<i>Wednesday, May 29</i>	Zone 1 Track Meet (for athletes who qualify). Parent drivers. Students-please check in and check out with the teachers in the stands.
<i>Thursday, May 30</i>	Welcome To Kindergarten in the AM
<i>Friday, May 31</i>	Hot Lunch - Mambos

Upcoming Dates

June 4th	Popcorn Day
June 14th	Hot Lunch - Subway
June 21st	National Indigenous Peoples Day
June 26th	Last day of school – Happy Summer!



Parent participation in class placements (2024-25)

As we begin to look at class placements for next year, we respectfully ask that you trust the school team to build classes that best meet the needs of all our students. Our team takes great care in creating each class in a way that maximizes the teaching and learning conditions for all students while adhering to the constraints of class size and composition

Please note:

We are not able to take requests for individual teachers nor are we able to accommodate requests for a straight grade vs. a combined grade class. Almost all students will be in a combined class at some point in their schooling. Students in the higher level of a combined grade class ARE NOT remedial. This is a myth. The fact is these students are more than likely able to be challenged, work independently and/or work collaboratively together in a small group.

** Please see the attachment from the school district for more information on Combined-Grade Classes.*

If you have *specific educational information* about your child that you would like us to consider, please contact Mme Apland via email by June 7th :

To: sapland@sd68.bc.ca

Subject: Placement Request

PAC Corner

A huge shout out to the PAC for all of your hard work. The PAC has funded classroom field trips, authors in the school, artists in the school, garden beds, sports equipment and much more. Thank you to all those who support the PAC fundraising efforts and to those of you who give of your own time to volunteer. *Please keep filling the classroom donation baskets for the upcoming FUN FAIR. We hope to see you there!*

Support our HOT LUNCH DAYS:

Subway on Friday, June 14th. Order online through Munch-a-lunch:

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

Please note that Hot Lunch is organized by PAC Volunteers so please email:

ecolehammondbaypac@gmail.com

Parent Corner

Nanaimo Child Development Centre, ([Parenting Workshops - Parent Support Services Society of BC \(parentsupportbc.ca\)](#))

- Tuning into Temperament, May 28th @ 10am (on-line)

SEL Sketches, <https://selsketches.com/>

- SEL Sketches provides educators, parents, and kids with easy and engaging Social and Emotional Learning content



Nanaimo Child Development Centre Survey

The Nanaimo Child Development Centre along with community partners have secured a grant from Inclusion BC to research services for Children/Youth with diverse needs in Nanaimo/Ladysmith area. The purpose of the community engagement is to gather data regarding what services are available to them now, what they think the gaps are and their hopes for future services. The report will be shared with Inclusion BC and it will help to inform future community services to better support children and youth with diverse abilities. The data collected from this survey will be received and compiled by a 3rd party neutral agency, Discovery Research. Please distribute to families supporting children/youth with diverse abilities, youth with diverse abilities, and service providers providing service within the scope of services with children/youth with diverse abilities. Below is the link for the survey for families, youth, and local service providers. This link will be active until end of July 2024.

In addition to collecting data through this survey, we will be hosting a family event June 19th, 2024 at Tillicum Lelum (10th street location). Thanks in advance for you participation!

<https://telus.questionpro.com/nanaimo-diverse-community-services>

SCREEN TIME AND YOUR CHILD

Kids are spending more time on screens than ever before. Screens are everywhere and are often used by teachers and students for school-related work. As with most things in life, there should always be a balance!

Too much screen time in children has been linked with:

- ◆ Sleep problems
- ◆ Reduced attention span and learning challenges
- ◆ Increased anxiety and depression
- ◆ Increased risk of overweight and obesity

The Canadian 24-Hour Movement Guidelines for Children and Youth (ages 5-17 years) recommend:

- ◆ Limit recreational screen time to less than 2 hours per day
- ◆ Aim for at least 60 minutes per day of moderate to vigorous physical activity

The **4Ms** for Balancing Screen Time:

Minimize screen time: Maintain daily “screen-free” times, especially for family meals. Get outside and be active as a family, read together, and enroll your child in recreational programs in your community.

Model healthy screen use: Remember that your child watches and copies you. Limit the amount of time you spend on the phone, on the computer, watching TV or on other electronic devices.

Be **mindful** about screen time: Monitor your family’s digital use and set limits. Keep TVs and computers in a central place where the whole family can see and use them and out of your child’s bedroom.

Mitigate (reduce) the risks associated with screen time: Be present and engaged when screens are used and co-view when possible. Choose programs that are educational.

For more ideas and information including tips for parents, children and youth to navigate the digital world:

- ◆ Your local [Public Health Unit](#)
- ◆ [Media Smarts](#)
- ◆ [Common Sense Media](#)
- ◆ [24-Hour Movement Guidelines for Children and Youth](#)
- ◆ Your local recreation centre

What is happening at Ecole Hammond Bay:



Visiting the fairy forest

