



WEEKLY MEMO

Monday, June 16 – Friday, June 20

Mon, June 16	Happy Funday #1 to our Grade 7s <i>Grade 7 students/parents please make sure you handed in your permission form and that you have double checked the drop off and pick up locations and times. Have Fun and Be Safe</i>
Tues, June 17	Happy Fun day #2 to our Grade 7s <i>Grade 7 students/parents please make sure you handed in your permission form and that you have double checked the drop off and pick up locations and times. Have Fun and Be Safe!</i>
Wed, June 18	Character Spirit Day - Dress up like your favorite storybook character! PAC – AGM meeting 6-730pm *onsite* See Details in Memo
Thurs, June 19	Grade 7-Celebration Ceremony Theme colors: Royal Blue and Gold
Fri, June 20	Hot Lunch – Subway- Thank you for supporting the PAC

Important Upcoming Dates – Please mark your calendars

June 23	Popcorn Day
June 25	Summer Beach Spirit Day
June 26	Last day of school for students/Reports sent home electronically. <i>Happy Summer!</i>

Track & Field

Congratulations to our dedicated athletes who participated in this year's District Track and Field meet. Your hard work, sportsmanship, and determination were inspiring to witness. A special thank you goes out to Mme Grant, Mme Alyssa and M LaBounty. Your exceptional organization, coaching, and unwavering support were instrumental in providing our athletes with this fantastic opportunity.

Parent Volunteers: Ian McCulloch, Francine Gosselin, Fiona Quinn, Regina Renner, Tina Rolls - we couldn't have done it without you - *Thank you!*

Results are expected to come in today and we will share the results in next weeks Friday Memo.

Message from PAC

The PAC meeting will be **Wednesday** this month to not conflict with the Grade 7 Celebration. Please mark your calendar:

WE NEED YOU THERE. We need a quorum (minimum of 8 people) to vote, and this will also be our AGM (Annual General Meeting) where we HAVE to vote. Please consider coming to the school in person or signing on to MS teams and joining virtually.

Wednesday, June 18, 2025

6:00 PM - 7:30 PM (PST) at Ecole Hammond Bay

Meeting Link: [PAC meeting/AGM | Microsoft Teams | Meetup-Join](#)

June 2024 AGM Meeting Minutes: <https://tinyurl.com/June2024AGM-Minutes>

June 2025 Meeting Agenda: <https://tinyurl.com/June2025PAC-Agenda>

2025 AGM Agenda: <https://tinyurl.com/PAC2025AGM-AGENDA>

Spring Concert Series:

A huge thank you to everyone who contributed to the success of the Spring Concert Series.

The series concluded on Wednesday, June 18th, with an outstanding performance from our talented band students. We extend a special thanks to M Bamford for leading our students with a level of professionalism and quality teaching that is second to none. We know M Bamford Sr. was smiling down with pride.

We also want to express our sincere gratitude to the PAC and the Toro Family for their generous donation of the new stage and stairs.

Character Spirit Day

Get ready to celebrate the joy of reading! We encourage all students and staff to embrace their inner bookworm and dress up as their favorite storybook character.

To keep your minds and imaginations active this summer, each class will compile a list of peer-recommended books. This fantastic list of summer reading suggestions will be sent out in the final Friday Memo.

Don't forget to also sign up for the Vancouver Island Regional Library's Summer Reading Challenge at your local branch. You can find more information and register here:

<https://virl.bc.ca/summer-reading-clubs-are-here-for-all-ages/>

Parent Corner

As summer approaches, the long break from school offers a wonderful opportunity for families to connect and create lasting memories. In our increasingly digital world, it's more important than ever to be intentional about how we spend this time. Excessive screen time can have a detrimental impact on children's development, while meaningful family connections have profound and lasting benefits.

The Importance of Unplugging and Connecting

Research consistently highlights the downsides of too much screen time. A recent comprehensive review of 117 studies published in *Psychological Bulletin* found a cyclical link between high screen use and emotional and behavioral problems in children. Excessive time on digital devices is also associated with sleep problems, lower academic performance, and reduced time spent with family and in active play. You can read more about these findings from the American Psychological Association [here](#).

Conversely, spending quality time together as a family builds a strong foundation for a child's well-being. According to experts at Stanford Medicine Children's Health, creating positive shared experiences can buffer against stress and anxiety, promote physical health through active play, and stimulate cognitive and social development. These shared moments, free from digital distractions, are invaluable for building strong relationships that will support children through all of life's ups and downs.

Fun Ways to Connect This Summer

1. Dive into the World of Books: Reading is a fantastic way to keep minds and imaginations active.

- **Family Read-Alouds:** Take turns reading a chapter book aloud as a family. It's a cozy way to wind down in the evening and sparks great conversations. The benefits of reading to and for children are immense, including improved vocabulary, concentration, and empathy.
- **Peer-Recommended Reading:** Look out for the list of best book suggestions from students from our school- peer recommended summer reading will be shared in the last Friday Memo of the school year.
- **VIRL Summer Reading Challenge:** The Vancouver Island Regional Library's Summer Reading Club is an excellent and free program. This year's theme is "Colour Your Summer!" and it officially kicks off on July 2nd. You can pick up a registration package at your local library branch starting June 16th to track reading and win prizes. It's a fun way to encourage daily reading.

2. Explore the Outdoors: Nanaimo and the surrounding areas offer a natural playground for summer adventures.

- **Go on a "Book-nic":** Pack a lunch and a blanket, and head to a local park or beach to read together.
- **Nature Scavenger Hunt:** Create a list of things to find in your backyard or a nearby trail, like a specific type of leaf, a smooth rock, or a feather add in some learning by looking for certain shapes in nature, a certain number of objects and things that begin or end with a specific letter sound.
- **Family Hikes and Bike Rides:** Explore the numerous trails our region has to offer. It's a great way to be active and appreciate the beauty of our island.

3. Get Creative at Home: You don't have to go far to have a memorable time.

- **Build a Fort:** Use blankets, pillows, and furniture to create a cozy reading nook or a setting for imaginative play.
- **Cook or Bake Together:** Choose a recipe from a cookbook (or find one online together) and work as a team to create a delicious treat. This is a great way to practice math and reading skills in a real-world context.
- **Family Game Nights:** Dust off those board games and card games for some friendly competition.

By intentionally setting aside screen-free time for connection and adventure, you can help your child have a restorative, engaging, and memorable summer break.

What is happening at Ecole Hammond Bay?





