



FINAL WEEKLY MEMO

June 2024/2025

What a fantastic school year it has been at Ecole Hammond Bay!

A huge thank you to our incredible PAC executive for their dedication and hard work:

- **Kari Salvesen:** Chair
- **Jaime Checkley:** Co-Chair
- **Ron Makowichuk:** Treasurer
- **Whitney Rondeau:** Communications Coordinator/Interim Secretary
- **Andrea Mahoney:** Hot Lunch Coordinator
- **Leslie Sansalone:** MunchaLunch/Fundraising Coordinator
- **Stacey Daniels/Laura John:** Popcorn Day Coordinator

If you're interested in supporting our students and joining this amazing team, please reach out to ecolehammondbaypac@gmail.com.

To our **Grade 7 students:** We wish you all the very best as you embark on your high school journey. You'll be missed, but you are absolutely ready for this next stage! Remember to stay true to yourselves, get involved in school clubs and sports, and please come back to visit us.

To all our **returning students**, we can't wait to see you back at Ecole Hammond Bay in September. Have a fun, safe, and relaxing summer! Information about where to meet on the first day back to school will be sent out in July.



Parent Corner

[Community Schools Summer Programs 2025 – Nanaimo Ladysmith Public Schools](#)

Looking for a fun full-day adventure for children 5-8 years old? Our summer fun day camp ☀️ is packed with exciting activities like sports, games, and crafts—indoors and outdoors! Kids will make new friends and lasting memories. Each week is \$185. Sign up today for a safe, fun experience!

VIRL Summer Reading Programs

<https://virl.bc.ca/whats-happening/join-a-summer-reading-program/>

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.

Peer Recommended Summer Reads:

(please note that many titles were input by EHB students-- spelling might be a little off).

Ages	Favorite English book you read by yourself OR an adult read to you?	Favorite French book you read by yourself OR an adult read to you?
6-7	Pencil & Eraser, Pizza and Taco, Splat the Cat, Big Nate, Super Rabbit, Hop on Pop, Bad Kitty, Ninjago, Don't Let the Pigeon Drive the Bus, Tin Tin, Peter Rabbit, Elsa, Scary Squirrel, Dragon Masters, Are you a Cheeseburger, Sophie Mouse, Fancy Nancy, Dungeons & Dragons	Les Extra Terrestres, Licorne et Yeti, Asterix et Obelix, Franklin, Les Pieures, Barbapapa, Bertrand, Toupie et Binou, Petit Nuage, Elephant et Rosie, Petit Souris, Cheval, Qui, Scooby Doo, Le Bebe Hibou, Bebe Kangourou (Alize Rose series), Le Chapeau, Papa, Le Petit Chat, Ali Lire, Dragon, Dormir Ici, Tibou
8-10	Dog Man, Baby Sitters Club, I Survived the Japanese tsunami, Wings of Fire, Omar, Wonder, City of Ember, Harry Potter, Diary of a Wimpy Kid, The Day the Crayons Quit, Then Big Cheese, The Hobbit, Alone, Peet the Cat, Grace of Wild Things, Robert Munch	Timbres, French Peppa Pig, Mini Chat et Son club BD, Guts, Boule et Bille, Raina Telgemeier in French, Geronimo Stilton in French
11-12	Wings of Fire, Wild Robot, Land of Story's, Narnia, Sythe, Big Nate, Warrior Cats, Percy Jackson, Diary of a Wimpy Kid, Harry Potter, Investigators, Leviathan	French Version of the following series: Narnia, Doctor Suess, Warrior Cats, The Jolly Postman, Yertle the Turtle, Le Hive, Guerre de Tuques, Lord of the Rings, Harry Potter

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.

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.

Wishing you a wonderful summer break!