

M A R C H

# Cinnabar News

100 Ohio Way  
Nanaimo, BC V9X 1C8  
Website: <http://cb.schoolsweb.sd68.bc.ca>

## Principal's Message

Thank you to everyone for spreading kindness and love during the month of February. Our students made this month extra special by sharing inspiring messages/cards with elders and community members and by demonstrating acts of kindness at school, in the community and at home. Students also created paper pink shirts with inspirational words and quotes of kindness which line the walls of our classes and halls. These notes will make your heart smile. 😊  
Thank you to all for making our school, community and world a better place to be.

Wishing everyone a wonderful and safe Spring Break.  
Colette Young

### **SOCIAL EMOTIONAL LEARNING AND OUR VALUE FOR THIS MONTH: Collaboration**

Collaboration is when we work with each other to complete a task. It involves co-operation, teamwork and the sharing of ideas, knowledge and skills. Collaboration helps us to discover each other's strengths, interests and capabilities. We can learn from each other, and we can develop our own unique set of skills and knowledge in a fun and efficient way.

*Remember alone we can do little but together we can do so much.*

### **MONTHLY HULQUMINUM WORD/Phrase: Take care of your sacred land**

We acknowledge each day that we live, work, learn and play on the unceded and traditional territories of the Snuneymuw (se-nae-mo) people and for that we are grateful. Each month I'd like to share one **Hulquminum** word as one way to work on our goal of truth and reconciliation.

[https://youtu.be/RFeqOgHh\\_u8](https://youtu.be/RFeqOgHh_u8)

### **Save the Date**

<b>March 1</b>	100s Day Celebrated
<b>March 3</b>	Kindergarten/Gr. 1 Hearing Screening Tests
<b>March 8</b>	PAC Meeting 6:30pm
<b>March 10</b>	Jump Rope for Heart
<b>March 11</b>	Munch-a-lunch/ Last day before Spring Break
<b>March 13</b>	Daylight Saving Time
<b>March 12-27</b>	Spring Break- No School
<b>March 28</b>	Return to School

As always please check your child's agenda for individual class events and field trips.  
Please check out our celebrations and events on our website: <https://cb.schools.sd68.bc.ca/>

## M A R C H

### Student Registration

Registration is in full swing for the **2022-2023 school year**. Central registration will be starting the process of pre-registering kindergarten to grade 12 students for September 2022. At this time all incoming K-12 students will be registered at their catchment schools.

#### **Important Registration dates:**

- Jan 31 - registration deadline for Kindergarten and Grade 1 French Immersion lottery
- March 1 - registration deadline for District Secondary Academies
- March 31 - out of catchment applications are due
- June 15 - registration deadline for guaranteed placement at your catchment school

### Student Learning Survey (Grade 4/7 parents)

Please complete the Student Learning Survey. The information you provide is collected by the Ministry of Education in accordance with the Freedom of Information and Protection of Privacy Act (FOIPPA, BC) sections 26 (c) and (e), and will be used to assess the effectiveness of educational programs, to improve educational program delivery, and to report on student performance and achievements toward system goals such as Human and Social Development and Career Development. Electronic surveying is available until April 29, 2022. For direct access use the following website: [www.bced.gov.bc.ca/sat\\_survey/access.htm](http://www.bced.gov.bc.ca/sat_survey/access.htm)

Parents may access the survey through the **Parent Direct Access** from the website listed above by selecting their child's district, school's name and language of preference.

### All Kids Go to School

**An Information Evening for Parents of 2022-23 Kindergarten Students with Diverse Abilities & Disabilities** on Tuesday, April 5, 2022 from 6:00pm to 7:30 pm.

Join Zoom Meeting <https://us02web.zoom.us/j/88158579122>

Meeting ID: 881 5857 9122

Members of the Nanaimo-Ladysmith Public Schools Department of Learning Services team share information about the kindergarten program, and the support and services available for students with additional needs. Families who wish to meet privately to discuss their child's specific needs can make an appointment by calling 250-741-5233.

# M A R C H

## Safe Arrival

Daily attendance is a proven factor for success in school, however, if ***your child is ill or unable to attend school on that day, please call the office before 9:00am.*** We also ask that your child **arrive at school after 8:25 am** unless there is a specific school reason to be here earlier. Our morning supervision begins at 8:25 am and we want to ensure that the students are safe. If your child arrives after 8:45 am and the classroom door is closed, please have them **sign in at the front office** and we will make sure your child gets to class safely. Thank you for understanding.

## Early Pick Up

If you have to pick your child up early for an appointment, please make sure to write a note in your child's planner or contact the office. We want to ensure we know when you are arriving as students may or may not be in their homeroom class and we want to make sure your child is ready when you arrive.

## Spring Break Camps for Kids



**Xplore Sportz**  
find your game!

**MULTI-SPORT CAMPS**  
SPRING BREAK CAMPS FOR KIDS!  
for Children Ages 7-12 - No Experience Required!

**March 14-18 & 21-25, 2022**  
9:00am-4:00pm | Fairview Community School

For More Information:  
250-754-6200  
kholt@pacificsport.com  
www.pacificsportvi.com

**PACIFICSPORT**  
VANCOUVER ISLAND

## ERASE

Resources available to parents/guardians on the ERASE website:

- [Raising Digitally Responsible Youth: A Parent's Guide \(PDF\)](#)
- [B.C.'s Digital Literacy Framework \(PDF\)](#)
- [Media Smarts](#)
- [Protect Kids Online](#)
- [Texting and Social Media Slang: Abbreviation Dictionary \(PDF, 2.6MB\)](#)
- [Cybertip.ca: Report the online sexual exploitation of children](#)
- [Government of Canada: Get Cyber Safe](#)
- [Need Help Now](#)
- [How to Talk to Youth About Sextortion \(PDF\)](#)
- [Social Media Guidelines \(PDF\)](#)
- [Learning for Life](#)

## Random Acts of Kindness aren't only in February! March Act of Kindness- Forgive Someone

*"To forgive is to set a prisoner free and discover that the prisoner was you." ~Lewis B. Smedes*

We all make mistakes. The next time someone wrongs you, forgive them without hesitation. Carrying anger and resentment with you is bad for your health and your relationships. Learn to let it go and forgive others. Both you and the one you forgave will benefit from this act of kindness. You will be amazed at how much lighter you feel when you forgive someone!

### Benefits:

Prolonged anger towards self or others negatively affects your health. It can lead to physical and emotional sickness. The sooner you can forgive someone and move on from those negative feelings, the better! Letting go of grudges and bitterness makes way for compassion, kindness and peace.

### Step It Up:

When forgiving others it is so important to remember that there might be people you need to ask forgiveness from as well. Make it a habit to always forgive others, but also make an effort to examine your own actions and see if there is anyone whom you have wronged. If so, admit that you have wronged them and ask that person for forgiveness.

### Keep It Simple:

When you first get angry, give yourself a moment to work through the emotion and think rationally. If you still feel the need to address the issue, be sure to directly address the person you are upset with and if possible don't speak with others about the situation until resolved (if at all). Make up your mind before even speaking with them that no matter what they say or don't say you will forgive them. We all make mistakes, some bigger than others, but no one is perfect. Keep this in mind when you are speaking with this person.

*Happy Spring Break Cinnabar Families.*

