

Sayward School News

June 2024

Here we are! Just a few short weeks until school is out for Summer! What a year it has been! It has been a pleasure watching and helping each of these students grow in their own unique ways.

June events/days to add to your calendar:

June 4~ **Indigenous Recognition Awards** assembly 1pm in the gym.

June 6th~ K/1 class going to Lazy Acres Farm in morning

June 10th~ **Miracle Beach day!** Families welcome to join us/meet us there!

June 12th~ **Bike Rodeo!** Bikes can be dropped off day of, OR, dropped off and stored at school any day next week if that's easier for you. Please contact Catherine in the office to store bikes before day of rodeo.

June 21st~ **Year end fun day/Indigenous Peoples day.** Volunteers welcome! please send students with clothing to get wet in.

June 26th~ **Mastery assembly and Grad Ceremony 1:30pm** - ALL Welcome! Please join us in celebrating all of our students growth.

June 27th~ **Last day of school, early dismissal at 11:45am**



LOST AND FOUND!!! it keeps

growing! Come scoop what belongs to your house before we donate it to goodwill

24/25 SCHOOL SUPPLIES- bulk buy! please send **\$25** to **sayward@sd72.bc.ca** or cash to the school before month end. Supply list per grade available upon request to buy your own supplies also

Reminders

AFTER SCHOOL CHANGES- After school changes MUST be communicated with the school office. This includes After school program and playdates. We want to ensure students are arriving to their correct and safe destination. If not communicated, students will be dropped off at their regular stop.



Be Sun Smart!



Too much sun (especially sunburns) can cause:

- Eye damage
- Skin cancer later in life
- Damage to immune system
- Skin damage that is cumulative; this means that the damage builds up over time



Ways to protect yourself and your child:

- SEEK out the shade
- SLIP on clothing that covers arms and legs
- SLAP on a wide brimmed hat and sunglasses
- SLOP on sunscreen
- SLURP lots of water



Ultraviolet (UV) Index:

- UV Index is a measurement that determines how strong the sun is
- You and your child can sunburn in only 15 minutes depending on the UV Index
- UV Index is usually highest from late spring to early fall between 11:00 a.m. and 4:00 p.m., so avoid unprotected sun exposure between these times
- Use sun protection (clothing, sunscreen, sunglasses, wide brimmed hat) if UV Index is greater than 3
- Even people with dark skin are at risk for skin damage and cancers

Those at highest risk of skin cancer are those with:

- Fair skin and blonde or red hair
- Skin that burns and freckles easily
- Lots of moles or large moles
- History of severe sunburns



Sunscreen Tips:

- Avoid the mouth and eye area when applying sunscreen
- Use broad-spectrum sunscreen (with UVA and UVB coverage) with SPF 30 or higher
- Apply sunscreen at least 20 minutes before going outside



PHYSICAL LITERACY IS FUN!



Physical literacy is when kids have **developed the skills, confidence, and love of movement to be physically active for life**. Children who have fun playing a sport or being physically active are more likely to stay active and healthy for their entire life. They are more likely to have higher physical literacy and have a better chance of becoming experts in sport. If physical literacy principles are followed, children's sport can be fun, challenging and provide rich skill development.

We also expect:

- More children will reach the top ranks of amateur and professional competition if they choose this path
- More children to have a higher level of physical literacy
- More children will stay physically active throughout their lives



One goal of physical literacy is to increase physical activity and make sure it is more fun for kids.

Sport and physical activity need to be developmentally appropriate, safe and inclusive, and well organized. **The focus is on the kids themselves and not the goals of the coaches or parents.**



Annual General Meeting! **June 13 5pm, School library**

Please come join us as we elect and vote our new PAC executive table for the 2024-2025 school year!

Our PAC is busy all year doing things that better our school community for our students. We welcome and encourage all parents and guardians of Sayward School students to bring their voice to the table.

Positions that will be voted on (and some of their expected tasks):

President- prepares agendas for monthly meetings, appoints committees as necessary, delegates tasks, official spokesperson for PAC.

Vice President- assumes responsibility of president in absence of president, shall accept extra duties as required.

Treasurer- responsible for and reports on accounts of PAC, signing officer #1, prepare and present annual financial report at AGM, with support of executive team plans tentative budget for fiscal year, protects PAC finances.

Secretary- records all meeting minutes, distributes minutes within 2 weeks of each meeting, holds up to date copy of Constitution and Bylaws, issues and receives communications for PAC, safely keeps all records, reads previous minutes at current meeting when requested.



Hot Lunch Schedule

6th~ Breakfast!!!



13th and 20th~ to be determined. These dates will be for using up frozen leftovers and pantry items before Summer break.





June 2024 Principal's Corner

Wow! We can hardly believe we are down to the last few weeks of the 2023–2024 school year! There have been so many wonderful moments and some “growing pains”; however, we came together under our Circle of Courage to make great progress in Belonging, Independence, Generosity, and Mastery. Thank you for being supportive of the new staff and your children to make this year what it was.

Although we only have a few weeks left, I want to remind all families that after school play dates must be arranged prior to the day of the play date. There have been partial arrangements made and miscommunications with the school which has caused some mix-ups over the last couple of weeks. Please ensure that all families involved in the play date are aware and all the adults communicate with the school. We only allow students to make phone calls on the day of a play date in extenuating circumstances. If we haven't heard from all parents, the bus will drop students off at their regular stop(s).

This month we are having an assembly on June 26 at 1:30 pm to celebrate “Mastery” and there will be students receiving certificates for this. We will also honour the grade 5/6 students who are going to Phoenix next year and our Kindergarten students who are “graduating” into grade 1. Please feel free to join us even if your child isn't receiving a certificate this time or “graduating”, we would love to see you!

We have many other fun and interesting activities coming up during this month. Please refer to this newsletter for more information and watch for postings on our social media sites and emails.

As always, please feel free to pop if you have any questions, concerns, or an idea for our school. I am also available by email if that works better for you;
christine.middleton@sd72.bc.ca

