

# *École Willow Point Elementary*

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Dear Parents and Guardians,

Welcome back! I hope you had a great holiday and you and your children had a chance to relax and recharge for the home stretch! We would like to thank everyone who made Carnival a huge success. It was such a fun event which was enjoyed by all. Thank you to our amazing PAC and staff who helped make it such a success.

This is the point in the year where we continue to look towards next year and our student enrolment becomes very important. If moving away is a possibility in your future, please let us know. Our school is very full for next year and the more accurate our count is, the more efficient we can be with our organizational tasks and best prepare for next September.

We are looking forward to ending this year on a very positive note for everyone and continue to be grateful to be here at Ecole Willow Point.

Warm Regards,

*Hendrick Horsthuis and Rachel Black*



M Hendrick experiencing his first "Carnaval" receiving the key to the school from Bonhomme and sporting his Flechée! Joyeux Carnaval!!





## APRIL BIRTHDAY BOARD







Mme Mireille's class at the Discovery Pier !

Taking part in the programs at the Aquarium.







Mme Halliday's class enjoying a beautiful day at the local beach. A big thank you to our student EA , Liv. She has been a great help during her time with us and will be missed.

Mme Mona/Melissa class planting on the new Berm. They learned the benefits of the plants they were using to the environment. Check it out!







Our Choir took part in the annual Music Showcase and there were rave reviews!!  
\$1300.00 and 230 pounds of non-perishable was donated to the local Food Bank!







So much fun was had  
Carnaval week in-  
cluding the whole  
school skating!

Below Mme Kala's K  
class releases their  
salmon that they  
raised from eggs into  
Simms Creek







Everyone enjoyed the wonderful Pancake Breakfast put on by our amazing PAC!! Thank you for all you do for our school.





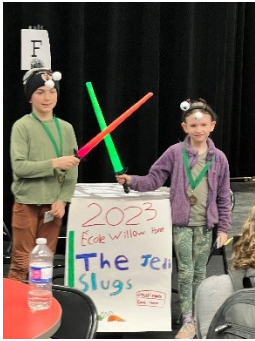
## Battle of the Books

Thank you to everyone who participated in the Battle of the Books during the fall and winter terms this year. We had a very successful Battle season with a record-breaking number of teams registered to participate. We had an unprecedented 13 teams in grade 3 and also in grade 5, and 6 teams in grade 4 competing in the school battle this year!

Our teams worked very hard and in the end we had four teams from our school moving on to represent our zone in the district battle which took place in the Timberland Theatre on March 14<sup>th</sup>, 2023.

A giant congratulations to The Jedi Slugs (Trennen G., Rosie L. and Joelle N.) for winning the district battle for Grade 3!!! Congratulations to The Spy Squad (Zareen K., Zoe M., Ella M.), "The Lazy Gamers" (Cairo K., Braxton L., Corbin M.), and The Fatty Slakerz (Ben N., Tyler S. and Caeden B.) for making it so far in the competition and representing EWP so well in the district battle!

We also would like to recognize all the students who participated and took on this reading challenge! Well done! We had a small celebration just before spring break with everyone who participated.







Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	 Easter Monday	11	12	13	14	15
16	17 PAC Meeting 6:00 pm Babysitting pro- vided	18	19	20	21	22
23	24	25	26	27 Pizza Lunch 	28	29





## SPRING INTO SPRING

Island Health recognizes the importance of daily physical activity. Are your children getting 60 minutes of physical activity a day?

*"Together, we can make active travel, like walking, cycling, or taking transit, part of our school routine - for the good of our physical and mental health and our communities."*

*~ Dr. Murray Fyfe, Medical Health Officer, Island Health*

Spring is a great time to think about walking or wheeling to school. What a wonderful way to enjoy the smells and sights of spring!



Active travel to and from school helps children and youth meet the goal of at least 60 minutes per day of moderate to vigorous physical activity. It also helps build life-long healthy habits.

It's a great time to think about forming new habits. Only 9% of Canadian kids aged 5 to 17 get the 60 minutes of heart-pumping activity they need each day (2016 ParticipACTION Report Card).

Talk with parents about getting kids walking and cycling together.

For younger children, physical literacy skills such as balancing, hopping and jumping can be developed on the walk to school.

For more ideas and information:

Your local [Public Health Unit](#)

[Benefits of active school travel](#) (Active and Safe Routes to School)

[Canadian 24-Hour Movement Guidelines for Children and Youth](#) (Canadian Society for Exercise Physiology)





## 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 consumption of unhealthy foods
- Increased risk of overweight and obesity

The Canadian Sedentary Behaviour and Physical Activity Guidelines for children age 5-17 years recommend:

- Recreational screen time - Limit to less than 2 hours per day
- Physical Activity - At least 60 minutes per day of moderate to vigorous physical activity

Tips to help limit screen time and promote physical activity:

- Look at your own behaviours around screen time and physical activity - be a positive role model
- Find an activity or sport your child likes!
- Be active as a family - schedule regular activities (walks, hikes, bocci ball, pickle ball)
- Sign up for an activity at your recreation centre



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

Your local [Public Health Unit](#)  
[Media Smarts](#)