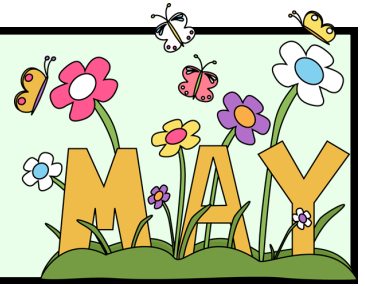


École Willow Point Elementary

250 Larwood Road, Campbell River, BC V9W 1S4

Tel: (250) 923-4311

Fax: (250) 923-4157



Dear Parents and Guardians,

It is hard to believe that it is already the first week of May! This is an exciting time of the year as we continue to see our students make progress in their studies combined with all the energy that Spring brings. It is nice to see students playing outside and participating in lacrosse, baseball, hockey, dance, swimming, and soccer in the community.

As a staff we are working to prepare your child for their transition to the next grade. If you are going to be moving or know of anyone who may be moving into our area, we request that you let the office know so that we can best prepare for the next school year. Also, if your child will not be continuing on to Phoenix French program, we also need to know this.

We would like to take this opportunity to thank all the parents who have contributed to the PAC. Your involvement has directly impacted the students who attend Ecole Willow Point. Many of the things we do such as, field trips, cultural performances, garden beds, book sales, pancake breakfasts, and hot lunches (to name a few) are the results of your efforts –**THANK YOU!** None of these events would happen without your involvement.

Finally, thank you to all our Ecole Willow Point families who continually support our students.

Warm Regards,

Hendrick Horsthuis and Rachel Black

HOP ON BIKE PROGRAM



From Tuesday, May 16th to Thursday, May 18th, students in Grades 2-5 will have the opportunity to participate in the Hop On Bike program. Instructors from Cycling BC will teach basic and intermediate biking skills. Please follow the link further in the Newsletter for more information and to register your child. Registrations must be complete by **Friday, May 12, 2023**. If your child does not have a bicycle, please let your child's teacher know so that we can ensure your child can participate.

MAY BIRTHDAYS

BONNE FÊTE

John	May 2	Makena	May 2
Sebastian	May 6	Rylen	May 8
Juno	May 9	Gavin D	May 10
Oceanna	May 13	Louisa	May 14
Alexis	May 17	Kennedy	May 19
Atticus	May 21	Finnegan	May 21
Caydence	May 21	Soren	May 23
Morgan	May 27	Rhiannon	May 28
Zacary	May 29		








Mme Louisel's grade 1 class, cleaning up the forest on Earth Day!

Mme Flora's class drumming in the forest with the drums that our students made,





Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Hot Lunch Katie's Rice Box	6
7	8	9	10 Ready Set Learn 12:45	11	12 Welcome to Kindergarten 12:45-2:00 Hot Lunch Pita Pit	13
14	15 Rainbow Dance Performance PAC Meeting 6:00 pm Child care	16 Hop On (formerly Iride) Gr. 2-5	17 Hop On 	18 Hop on 	19 Hot Lunch Taco Del Mar	20
21	22 Victoria Day No school 	23	24 Gr 5 to Camp Homewood	25 Gr 5 Track Meet 	26 Hot Lunch Boston Pizza	27
28	29	30	31	<p><u>June 1st will be our Parent Appreciation event.</u></p> <p>We will be serving up Coffee & Muffins followed by performances in the Gym.</p> <p>Hope to see you all there</p>		

Go by Bike week, will be May 29- June 2

There will be more information coming out soon.





Mme Kala's class was granted a HCTF Go Grant, giving the kindergarten class the opportunity to travel to the North Island Wildlife Recovery Centre in Errington.

Thank you to all the parent volunteers who helped make this trip a success.

We learned about ways to help protect animals in the wild and how the facility helps animals that have been injured or are sick.

Here are a few pictures of our day.





Mme Flora's class joined Mme Kala at the North Island Wildlife recovery center.

A great learning experience for everyone.





Mme Melissa & Flo-
ra's Grade 1 class,
setting up trading
posts on the beach !

Dear HopOn Parents and Participants,

Cycling BC's HopOn School Program ([formerly iRide](#)) is excited to visit your child's school in the coming weeks. HopOn brings instructors and bikes to your child's gym class so that everybody can participate. We will be teaching basic & intermediate biking skills to your child's class within the safety of the school grounds for one hour each day during our 3-day visit for a total of 3 hours of instruction.

This take-home letter will help you register & prepare your child for the program.

Please register **no later than 7 days before our visit** so that our staff and your child's teacher can ensure everyone is registered before our visit. **Your child must be registered to participate.**

REGISTER ONLINE @ cyclingbc.net/hoponreg

(Please use a computer, not a mobile device)

When you register online, please CREATE AN ACCOUNT in the name of the PARENT/GUARDIAN. You can then click on REGISTER SOMEONE ELSE and create a sub-profile for your child.

The online registration system helps maintain the security of your information, allows for accurate record-keeping & reporting, and is environmentally friendly. Please complete the registration process until you have received an automated registration confirmation email.

To help create the most positive experience for your child:

[Register Online](#)

Read our 'Frequently Asked Questions' @ cyclingbc.net/hopon

Have your child wear closed-toed shoes (NO SANDALS) & dress for the weather (rain or shine)

Bring your child's own bicycle and helmet—this is more fun and your child will be familiar with the equipment. This is encouraged so long as the bike is in good repair & the helmet is CSA-certified.

- a. If your child does not have their own bike, we do provide free rental bikes & helmets for children between 4'0" and 5'5".

We look forward to your child enjoying their Cycling BC HopOn experience.

The HopOn program started in 2013—under the name Cycling BC iRide—and visits approximately 6,000 students each year thanks to the support of private donations, government grants, and program fees. Your child's school is covering 50% of the program's cost, a total of \$1200 or an average of \$3 per student per day (estimated for 150 students/school).

Cycling BC is the provincial governing body for the sport of cycling, and we help develop coaches, run competitive events, and support recreational and high-performance cyclists across various disciplines of cycling including BMX, Mountain Bike, Cyclocross, Track & Road. To learn more, please visit www.cyclingbc.net.

KEEPING ACTIVE CHILDREN HYDRATED

When children are playing they may need to be encouraged to drink to prevent dehydration (not enough water in the body).

Water is the best choice to keep children hydrated.

Recommended: Water, milk, fortified soy, almond or rice beverage

Not Recommended: Sports drinks*, energy drinks

(*Sports drinks are high in sugar and are only for those exercising and sweating for longer than an hour.)



Keep active children hydrated:

Offer water often, especially during activity.

Provide water or milk and watery snacks like watermelon, cucumber or smoothies after activity.

Avoid juice and give fresh fruit instead.

Is your child's water bottle safe?

Use stainless steel bottles or plastic bottles that are designed for reuse. Disposable plastic bottles that are filled with water, pop, sports drinks, etc., should not be reused.

Wash water bottles every day!

Wash water bottles well by hand each day. Dishwashers do not clean all parts of the inside of the bottle. Recycle any bottles that show signs of wear such as scratches, dents, or a cloudy, cracked appearance.

For more information:

Your local [Public Health Unit](#)

[HealthLinkBC and Dietitian Services](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)

[What's in the Bottle? From Sports Drinks to Vitaminized Water](#) (PDF)

[Sip Smart! BC](#)

PROTECTING YOUR CHILD'S HEARING



Some hearing facts...

Children have more trouble hearing in noisy environments than adults! This is because their nervous systems are not mature. Children learn best in quiet, both at home and school.

Noise or loud music can hurt your child's ears! Firecrackers are really dangerous – they can cause sudden permanent damage. Power tools, lawnmowers and even loud music can damage the delicate inner ear. When your child is around loud noises, protect them with earplugs or earmuffs or better still, avoid the noise.

Do you have concerns about your child's hearing? Contact a [Public Health Unit](#) Hearing Clinic to arrange a hearing test for your child.

For more information contact:

Your local [Public Health Unit](#) Hearing Clinic: Courtenay **250-331-8526**





PLAY IT SAFE WITH YOUR SMILE

Every year, sporting accidents cause broken teeth and injury to children's mouths. Mouth protectors help prevent injury to teeth and lips during sports such as ice and field hockey, baseball, basketball, soccer, lacrosse and rugby.

Adults can be good role models by wearing helmets and mouth guards to prevent sports injuries and encouraging children to do the same.

Mouth guard kits are available at sporting goods stores for under \$20.00. Ask the store about the best guard for the particular sport. These mouth guards are quick and easy to fit, but are not suitable for use over braces or other oral appliances. For a custom fit mouth guard, contact your dental office.

Accidents can happen. If a tooth is knocked out, there may be blood. This is upsetting to the child and the adult attending to the emergency. Reassure the child, take a deep breath yourself, then:

- Find the tooth if possible, hold by the crown and place in milk or water
- Rinse the mouth with warm water and apply cold compress
- Call a dentist immediately

Play it safe with your family's smile.

For more information:

- Island Health, Public Health - Dental:

Comox Valley Health Unit	250-331-8520
Campbell River Health Unit	250-850-2110
Port Hardy Health Unit	250-902-6071