

École Willow Point Elementary

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Bonjour 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! Before we left for break, we had a lot of fun celebrating Carnaval as a school community. On behalf of Ecole Willow Point, we would like to say a huge THANK YOU to our PAC and the many parent volunteers for the tasty pancake breakfast. What a great way to kick off Carnaval!

Please join us in welcoming Mme Mann to Ecole Willow Point. She will be replacing Mme Baikie, who will be on maternity leave as of April 10th. We will miss Mme Baikie, wish her all the best, and look forward to her new arrival.

This is the point in the year where we begin to look toward and plan for next year, and our student enrolment becomes very important. If moving away is a possibility in your future, please let us know. The more accurate our count is, the more effectively we can prepare for next September.

We continue to appreciate the support from our school community and the great staff at Ecole Willow Point that we are fortunate to work alongside with.

Warm regards,

Hendrick Horsthuis and Rachel Black



Mme Mireille coached a fun and successful Basketball session with our Grade 4/5 students.



Mme Kala & Mme Megan's class cross country skiing at Mount Washington



CARNIVAL WAS A GREAT SUCCESS WITH , SKATING, PAN-CAKE BREAKFAST PUT ON BY OUR AWESOME PAC AND BONHOMME EVEN PAID US A VISIT!.
KINDERGARTEN STUDENTS WITH THEIR FIRST YEAR SASHES.







Another delicious pancake breakfast put on by our amazing PAC and many, many volunteers!

Thank you to all who helped to make this a great all school event.





EWP

BATTLE OF THE BOOKS 2024



Thank you to all the students who participated in the Battle of the Books during the fall and winter terms this year. They worked very hard reading all the books and learned to work as part of a team. We had an incredibly successful Battle season with many groups participating in each grade. I loved the enthusiasm that the Battle of the Books generated this year!

We had two teams from each grade that advanced to the Zones Battle against Pinecrest Elementary, which we had the pleasure to host in our school gym this year. We then had three teams qualify to compete in the district competition which took place at Timberline theater on Tuesday March 5th.

Lastly, thank you to all the parents who supported this event by encouraging your child to read all the books, by helping them log onto the Sora app, by reading to them, attending the events and even driving the teams to the district battle. We appreciate all your involvement and support.

A giant congratulations to Koen Murray, Keyaan Dhansay, Lucas Kearns, Eva McCaughran, Autumn Rathleff, Luisa Sohmer, Sebastian Surina, Hudson Dennis, Gunnar Zervas, Rio Kowalchuk, Trennen Grootenboer, Caleb Leakey, Zareen Kamil-Ford, Zoe Masterman, Ella MacKinnon, Miranda Munsie, Kimaya Naicker and Charlotte Adams for making it to the next level in the competition and representing EWP so well in the Zones and District Battle. We also would like to recognize all the students who participated and took on this reading challenge. Well done!







Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2	3	4	5	6
7	8	9	10	11 Duffle Bag Theatre per- formance 10:45 am Hot Lunch	12	13
14	15	16	17	18 Hot Lunch	19 Will's Jam @ EDM	20
21	22	23	24 Pizza lunch 	25 Student Led Conferences	26	27
28	29	30				





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](#)