



# Sandowne Newsletter

## April 2026

Dear Sandowne Families,

### Welcome Back

We hope each of you enjoyed a restful and rejuvenating Spring Break. As Brené Brown wisely reminds us, *“It takes courage to rest and play.”* We hope the past two weeks offered your family space to slow down, reconnect, and return with renewed energy for the months ahead.

Before the break, Learning Updates were sent home. We hope you had the chance to celebrate your child’s many strengths and to set a few meaningful goals together for the remainder of the school year. These conversations—grounded in encouragement, curiosity, and possibility—are powerful for children. Thank you for taking the time to engage in them.

As always, we are grateful for your partnership. When home and school work together to support students—through challenges, growth, and moments of learning breakthrough—our learners truly thrive. Your ongoing support makes a tremendous difference, and it does not go unnoticed.

Please take a moment to review the important upcoming dates included in this newsletter. This term is filled with exciting learning opportunities, celebrations, and community events, and we look forward to sharing them with you.

Warmly,

Kelly Gage & Georgina Knox

Sandowne Elementary School

### April 7th

Pro-D Day-  
No School for  
Students

### April 8th

Back to School-  
Hot Lunch  
Ordering Opens

### April 16th

Hot Lunch  
Ordering Closes

### April 28th

Class Photos– 9am  
Start Time

### April 30th

Student-led  
Conferences–  
Class Not In  
Session

### May 14th

District Track &  
Field Meet

### May 18th

Victoria Day-  
School Closed

### May 28th

Welcome To  
Kindergarten

# Absences

We appreciate all the parents who are reporting absences in the morning. Thank you!  
There are two ways to report an absence:

- 1) Phone **250-923-4248**
- 2) E-mail **Sandowne@sd72.bc.ca**



It is important to give the following information:

**Students Name**  
**Date of Absence**  
**Reason for Absence**



## Bell Schedule

**8:25am-Welcome Bell**

**8:30-Class Begins**

**10:15-10:30-Recess**

**12-12:45-Lunch and Recess**

**2:15-Dismissal**

## Supervision Before and After School

For safety reasons, it is important to not have students dropped off before our supervision times.

**Before School—8:10 until first bell**

**After School—2:15 until 2:30**

## Office Phone System

Our phone system does not show missed calls unless a voicemail is left. If you have a message that needs to be passed along, or if you would like a call back, please leave a message, or send an email to [sandowne@sd72.bc.ca](mailto:sandowne@sd72.bc.ca).

## District Cell-Phone Use Policy

Cell phones and other personal digital devices are not allowed at school. If brought to school, they must be kept in the students' bag and can only be used with permission from the teacher or principal.

# Sandowne Corkboard

## Parking Lot Reminders

- Please do not use the upper parking lot during school hours. This is staff parking only.
- Please do not idle in the lower parking lot drop-off loop.
- Please do not block or park in the fire lane.
- Please drive SLOWLY & ATTENTIVELY through the parking lot– it's a busy place!

## Scooters & Bikes

A reminder that, for safety reasons, students need to dismount their scooters and bikes and walk them once they are on school property. While reminders are given at school, it is helpful if you have this conversation with your children at home as well. Thank you!

## Students Need To Have:

- **A full change of clothing in their backpacks. We go outside to play everyday, rain or shine.**
- **A water bottle to keep hydrated.**

## Lost & Found

Please remember to check out our lost & found at the front of the school-it's really filling up! Please remember to label your child's clothing. If items are clearly labeled, we can help get them back to their rightful owners.

## Permission Forms

Please remember to sign your child's permission form if they are going on a class field trip. Students cannot go on field trips without their permission form signed by a parent or guardian. Thank you.

# April 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4	
			— Spring Break & Easter-School Closed —				
5	6	7	8	9	10	11	
		Pro-D Day- No School For Students	Hot Lunch Ordering Opens				
12	13	14	15	16	17	18	
		Crazy Bread Day		Hot Lunch Ordering Closes			
19	20	21	22	23	24	25	
		Crazy Bread Day			Hot Lunch- Little Caesars		
26	27	28	29	30			
		Class Photos - 9am Start Crazy Bread Day	Hot Lunch- Katie's Rice Box	Student-led Conferences -Class Not In Session			

# Sandowne PAC Clothing Order



Navy 50/50 Blend Hoodie  
\$60.00



Navy 50/50 Blend Hoodie  
\$60.00



Navy 100% Cotton T-Shirt  
\$30.00

**Order Deadline: April 15<sup>th</sup>, 2026**

**Form Submission & Payment Options: Return form to classroom teacher or Sandowne Office.**

**Payment via etransfer sent to: [sandowneparentadvisorycouncil@gmail.com](mailto:sandowneparentadvisorycouncil@gmail.com), cheque payable to: Sandowne PAC, or exact cash brought to Sandowne Office.**

Adult **Hoodie** Sizing Guide – (Sizes in Inches)

	S	M	L	XL	2XL	3XL
Body	27	28	29	30	31	32
Chest Width	20	22	24	26	28	30
Sleeve Length	33	34	35	36	37	38

Adult **T-Shirt** Sizing Guide – (Sizes in Inches)

	S	M	L	XL	2XL	3XL
Body	28	29	30	31	32	33
Chest Width	18	20	22	24	26	28

Youth **Hoodie** Sizing Guide – (Sizes in Inches)

	XS	S	M	L	XL
Body	19 ¾	21 ¼	22 ½	24	25 ½
Chest Width	16	17	18	19	20
Sleeve Length	23 ½	26 ½	27 ¾	30 ¼	33
Numerical Sizes	4	6-8	10-12	14-16	18-20

Youth **T-Shirt** Sizing Guide – (Sizes in Inches)

	XS	S	M	L	XL
Body	20 ½	22	23 ½	25	26 ½
Chest Width	16	17	18	19	20
Numerical Sizes	4	6-8	10-12	14-16	18-20



# SANDOWNE ELEMENTARY HOT LUNCH ROUND 3!



Ordering for this round of hot lunch opens on Wednesday, April 8th and will remain open until Thursday, April 16th. Please be sure to get your order in on time as late orders will not be accepted. The first day of hot lunch for this round is Friday, April 24th and will continue to be on Wednesdays and Fridays until Friday, June 5th. Please go to "[sandowneschool.hotlunches.net](https://sandowneschool.hotlunches.net)" and use your account you made at the start of the school year to place your order.





# Who's in Charge?

*Dominance, Distress, and Emotional Well-Being*

**Friday, April 10**

Doors Open at 5:45 PM  
Presentation: 6:00 PM – 8:00 PM

– Event by Donation –  
– Light snacks & refreshments provided –

**Community Centre Gymnasium**  
401 11 Ave, Campbell River.  
**For Parents**



**with Dr. Deborah Macnamara**

Developmentalist • Counsellor • Educator • Storyteller • Guide • Mother

*Understand why kids seek to be in charge and how you can reclaim your leadership with warmth and confidence.*



**Register Now!** ✉ [joy.wilson@crfs.ca](mailto:joy.wilson@crfs.ca) ☎ 250-203-8336



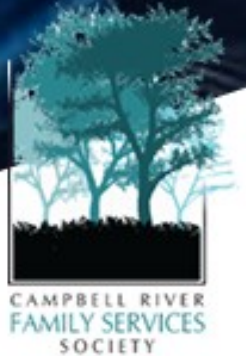
ccrr Scan to Register:

Family Place, in partnership with RiverCity Inclusion, City of Campbell River, Campbell River Family Services Society, Comox Valley Child Development, and PacificCARE are offering a parent workshop with Dr. Deborah Macnamara called, "Who's in Charge? Dominance, Distress, and Emotional Well-Being. Understand why kids seek to be in charge and how you can reclaim your leadership with warmth and confidence. Held on Friday, April 10 at the Community Centre Gym. Doors open at 5:45 p.m. and the presentation will be from 6 p.m. to 8 p.m. This event is by donation. Register by email to [joy.wilson@crfs.ca](mailto:joy.wilson@crfs.ca) or (250) 203.8336

**FREE**

SUPPORTING YOUR

# Anxious Child



**Date: April 15<sup>th</sup> 2026**

**Time: 5:00 - 6:30 PM**

**Location: Campbell River Family  
Services 487-10th ave, Campbell  
River**

**Understand your child's anxiety and learn strategies and tools to help support your child to build their resiliency with Integrated practice clinician at child and youth mental health: Taryn Corrie BA, MOT, NMT certified**

To register or for more information please contact  
Sydnie Nauss at [sydnie.nauss@crfs.ca](mailto:sydnie.nauss@crfs.ca) or 778-346-9324

# TRY RUGBY

## CAMPBELL RIVER

***Are you ready to find your  
place on the field?***

***Join us for Try Rugby Day and experience a  
welcoming, inclusive sport where every player  
has a place and every team becomes a family.***

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Saturday April 25 - 10 to 1pm

We Wai Kai sports feild

- non-contact
- snacks provided
- prizes

- ALL AGES - ALL GENDERS -

-Free

-No experience necessary

-Everybody belongs here

[www.campbellriverrugby.ca](http://www.campbellriverrugby.ca)

Curious about rugby? Try it out and see why it's called The Gentleman's Sport for all shapes, sizes, and abilities. This is where teammates quickly become family. Saturday, April 25 from 10 a.m. to 1 p.m. We Wai Kai sports field. All ages, all genders. Non-contact. Snacks provided. Prizes, free, no experience necessary. Everybody belongs here: [www.campbellriverrugby.ca](http://www.campbellriverrugby.ca)

CAMPBELL RIVER

# Rugby

## COACH CLINIC

### Learn to Coach - Give Back - Grow the Game

- ✓ Support youth development in our community
- ✓ Teach teamwork, respect, and resilience
- ✓ Learn safe coaching techniques and injury prevention
- ✓ No previous coaching experience required
- ✓ Be part of a positive rugby community

We are looking for **volunteer coaches** who want to help young athletes learn the game in a **safe, fun, and supportive environment**.

Whether you're a former player, parent, teacher, or someone who simply loves sport, this **Rugby Coach Clinic** will give you the tools and confidence to coach safely and effectively.

12- 3pm Saturday April 11  
@ We Wai Kai

Email: President Rob –

[campbellriverrugby@gmail.com](mailto:campbellriverrugby@gmail.com)

Campbell River Rugby is looking for volunteer coaches who want to help young athletes learn the game in a safe, fun, and supportive environment. Whether you're a former player, parent, teacher, or someone who simply loves sport, this Rugby Coach Clinic will give you the tools and confidence to coach safely and effectively. Learn to Coach – Give Back – Grow the Game – Support Youth Development – Teach Teamwork, Respect and Resilience – Learn Safe Coaching Techniques and Injury Prevention – No Previous Coaching Experience Required – Be Part of a Positive Rugby Community. Email President Rob at [campbellriverrugby@gmail.com](mailto:campbellriverrugby@gmail.com).

A  
Partnership  
Initiative



## Save the Date - April 30, 2026!

**FREE** workshop for:

- Parents and Caregivers of young children attending District schools
- Early Childhood Educators and Assistants, Kindergarten Teachers, StrongStart Facilitators, and Responsible Adults in Campbell River and neighbouring areas

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### **Supporting Children's Well-Being in a Changing World with Charlene Siddon**

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Charlene Siddon has over 27 years of experience teaching in a variety of settings. Motivated by the personal experiences of her students and the worsening mental health crisis, Charlene returned to university and completed her Master of Education degree in Social Emotional Learning at University of BC–Okanagan in 2021. She developed an evidence-based strategy focused on building capacity for mental well-being and resiliency. She is especially interested in ensuring equity and excellence in education by supporting learning environments that respect cultural diversity, inclusivity and emotional well-being.

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**The workshop will be from 6:00 - 8:00 pm on Thursday, April 30 in the Library at Timberline School with dinner and child minding provided.**

**Early years professionals will receive a certificate for 2 professional development hours.**

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Workshop topics will include:

- understanding attachment
- matching approaches to the child's developmental stage, temperament and personality
- boundaries and effective strategies
- navigating digital and social challenges

**To receive the invitation to register or for more information, please contact:  
Brenda Wagman: [crfamilynetwork@gmail.com](mailto:crfamilynetwork@gmail.com), 250-286-6355**

**Please note that space is limited.**



# 2026-2027 KINDERGARTEN REGISTRATION

OPENS FEBRUARY 2, 2026  
Register online! [www.sd72.bc.ca](http://www.sd72.bc.ca)

## What you'll need:

- Child's birth certificate (Canada) or proof of citizenship;
- Child's Care Card;
- Proof of current residence (hydro bill, purchase/rental agreement or property tax notice); and
- Custody agreement, if applicable.



Scan or visit  
[www.sd72.bc.ca](http://www.sd72.bc.ca) for  
more information on  
how to register.

## Learning at Home

Choose eBlend when registering online or visit Sandowne Elementary for our elementary eBlend program.

## Liq'wala/Kwak'wala K

Register online with your neighbourhood school and upload the expression of interest form with your online registration.



**CAMPBELL RIVER**  
School District 72

CONNECT WITH US

 [www.facebook.com/crsd72](http://www.facebook.com/crsd72)

 @CRSD72

 crsd72

Website: [www.sd72.bc.ca](http://www.sd72.bc.ca) Phone: 250.830.2300 Email: [info@sd72.bc.ca](mailto:info@sd72.bc.ca)



# TRAIN & PLAY

## SPRING SKILLS DEVELOPMENT GRADES 4 - 6

Develop **your** foundational **Basketball & Volleyball** skills in a **fun, inclusive** environment!

Both programs will be run by **Timberline** athletes and **coaches** with the funds raised going towards **Timberline** Athletics.



**COST: \$60** for Basketball or Volleyball

**SPECIAL DEAL: \$90** for both programs



### GIRLS ONLY BASKETBALL

Spring Basketball Skills Development

- Who: Girls in Grades 4-6
- Days: Thursdays
- Time: 3:45 - 5:00 PM
- Dates: April 9<sup>th</sup> - May 14<sup>th</sup>, 2026 (6 sessions)
- Cost: \$60 (includes a T-shirt)
- Head Coach: Neil McIntyre  
✉ neil.mcintyre@sd72.bc.ca

### ATOMIC Volleyball

- Who: Girls and Boys in Grades 4-6
- Days: Mondays
- Time: 3:45 - 5:00 PM
- Dates: April 13<sup>th</sup> - June 3<sup>rd</sup>, 2026 (No sessions April 20<sup>th</sup> & May 18<sup>th</sup>)
- Cost: \$60 (includes a T-shirt)
- Head Coach: Andrew Schopp  
✉ andrew.schopp@sd72.bc.ca

Payment to: [timberline.accounting@sd72.bc.ca](mailto:timberline.accounting@sd72.bc.ca)

Note: Athletes Name & Wolves Train and Play



CRYSA | Campbell River Youth Soccer Association



# Spring Community Soccer Registration is OPEN!

## Spring Community Soccer (Formerly House)

Open to all children and teens born from 2022 - 2011

Discovery u4/5 - Saturday Morning only  
(Birth Year 2022/2021) April 18 - June 13

Discovery  
**\$95**

Boys and Girls Teams:

u6/7, u8/9, u10/11 & u12-15

Practice once per week and have a Game Day Saturday

Season Runs April 13 - June 20

**REGISTER  
HERE!**

Register Before  
March 25

**\$200**

After March 25

**\$250**



For more info:  
[www.crseawolvesfootball.com](http://www.crseawolvesfootball.com)  
778-300-1231  
[info@crseawolvesfootball.com](mailto:info@crseawolvesfootball.com)

# CR Sea Wolves Football Club 2026 SPRING FLAG & CONDITIONING

April 9<sup>th</sup> - June 13<sup>th</sup>

## REGISTRATION IS OPEN

**\$130 + \$28 membership  
fee**

**All Skill Levels**

**AGES 5-18**

**(2008-2021)**

**Phoenix Middle School Field**

**Practices:**

**Monday & Thursday 6pm - 8pm**

**(Tiny Tykes & Atoms 6pm-7pm)**

**Games:**

**Saturday 1pm - 5pm**

**(game schedule will be released early April)**



# SANDOWNE ELEMENTARY

# PAC

**Who?**

A Parent Advisory Council (PAC) consists of parents, guardians, and school staff who collaborate to ensure open communication between parents and the school.

**Where?**

Meetings are held in our school library

**What?**

The PAC meets regularly to offer input on issues like curriculum, policies, and school events.

**Why?**

The PAC advises the school principal and staff on parents' feedback, organizes activities and events, promotes parent involvement, and fosters communication between parents and the school. It also advocates for parents and students, and provides financial support for PAC goals.

**When?**

Meetings are once a month, on the second Wednesday evening of the month, with additional planning meetings if necessary.



## Did you know...

Everyone in the family is welcome to join PAC. We have moms, dads, grandparents, aunts, uncles, and older siblings participating.



## Did you know...

The majority of parents engaged in PAC activities work full-time. Our goal is to accommodate everyone's schedules with flexibility.



## Did you know...

Children are welcome at our meetings! If childcare is a concern for you, feel free to bring your kids along!

## Did you know...

You don't need to show up for meetings to be part of PAC! We appreciate any help you can offer, whether it's volunteering at events, gathering donations, delivering hot lunches, or whatever else you can do. Your support makes a difference!



## Contact Information



sandowneparentadvisory  
council@gmail.com



Sandowne PAC

Got questions?  
Please reach out!



ONGOING  
**PIZZA**  
FUNDRAISER

Boston Pizza

If you (or anyone you know) go to the  
Campbell River Boston Pizza to eat in or  
take out, write "sandowne" on the back  
of the receipt and leave it with the server.  
Boston Pizza will donate 10% of the food  
total (before tax and tip) back to the  
school!

Sandowne Elementary

ONGOING

# Bottle Donation





PAC has an account at the Island Return It on 1580 Willow st. If you are bringing bottles in and would like to donate all or part of your money, please let the cashier know prior to the start of your order to put it in the Sandowne school PAC account. They are unable to add it to our account after it gets paid out.



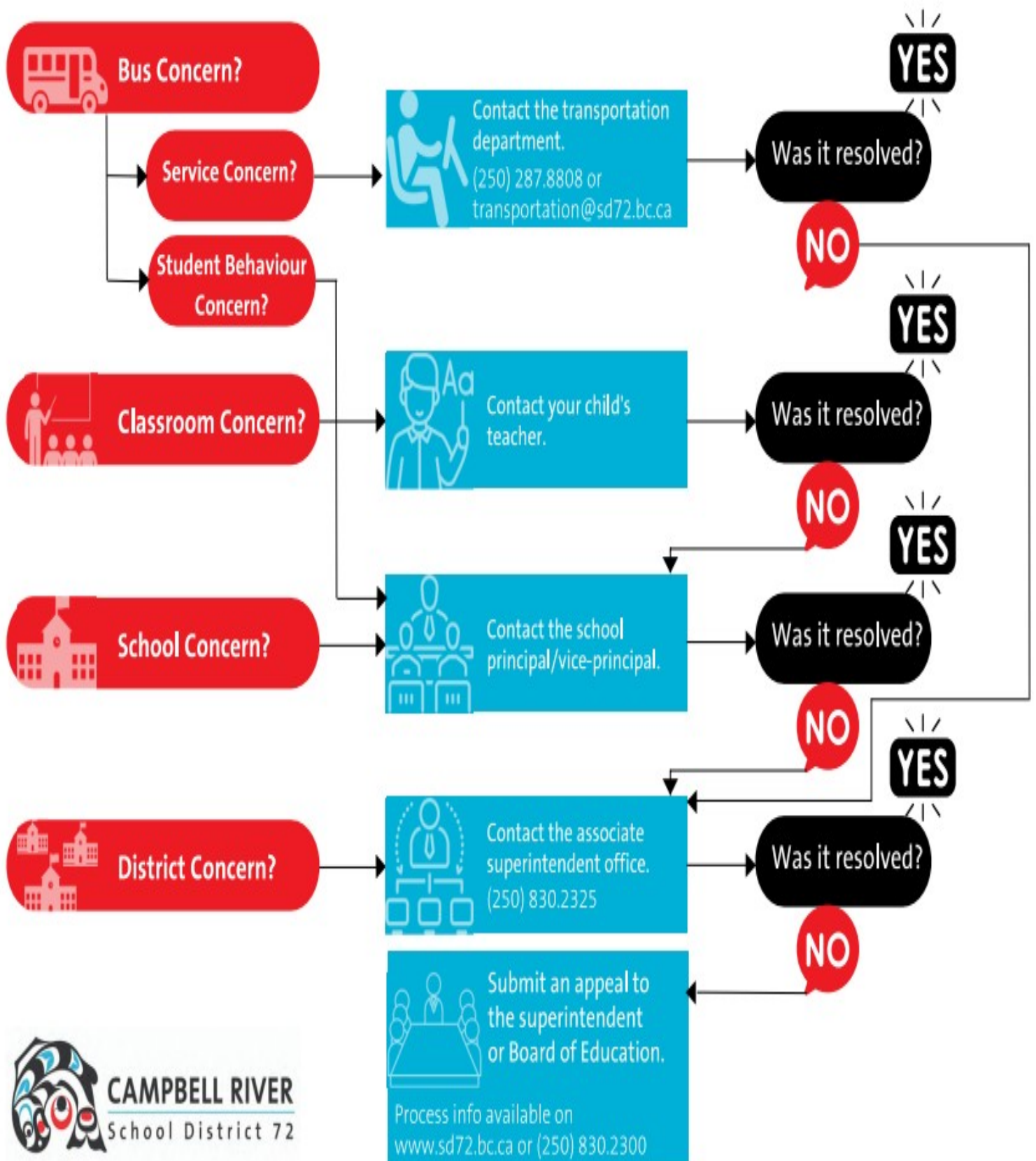


# Parent/Caregiver Code of Conduct

Working together, we create a safe and supportive learning environment for students and a work environment that is safe for staff. Parents, caregivers and any other visitors to our schools support a safe environment by ensuring communications and conduct at the school and at school activities are respectful.

<p><b>Communication</b></p> 	<ul style="list-style-type: none"> <li>• Use district communication process to address concerns – teacher first and if follow up is required then school administration.</li> <li>• Use respectful language whether in person or through email communication.</li> <li>• Respect staff time by accepting that they will respond to appropriate communication within a reasonable timeframe.</li> <li>• Seek to clarify your student’s version of events with school staff in order to fully understand and have perspective. Seek a peaceful and reasonable solution to all issues.</li> <li>• Social media should not be used to voice complaints against the school or any staff member, parent/caregiver or student. This is no way to resolve an issue.</li> </ul>
<p><b>Partnership</b></p> 	<ul style="list-style-type: none"> <li>• Try to ensure your child attends school and reach out for support if needed.</li> <li>• Work together with staff to resolve issues or concerns.</li> <li>• Read and discuss the Student Code of Conduct with your student to help them understand and follow it.</li> </ul>
<p><b>Conduct</b></p> 	<ul style="list-style-type: none"> <li>• When coming to school please arrive safely and calmly without swearing, using inappropriate language, threatening behaviours, and/or verbal abuse.</li> </ul>
<p><b>School Culture</b></p> 	<ul style="list-style-type: none"> <li>• Recognize that EVERY student is important to us.</li> <li>• Treat all members of our school community with dignity regardless of “Indigenous identity, race, colour, ancestry, place of origin, political belief, religion, marital status, family status, physical or mental disability, sex, sexual orientation, gender identity, or expression, or age” as protected by the BC Human Rights Code.</li> </ul>

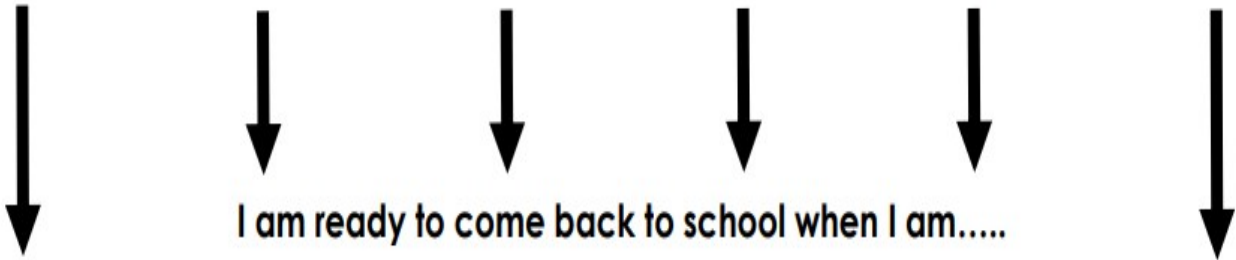
# How to Get Help With a Concern



## Sandowne's Illness Reference Guide

### I need to stay home if...

I have a fever	I am vomiting	I have diarrhea	I have a rash	I have an eye infection	I have been in the hospital
					
Temperature of 100°F or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Redness, itching and/or 'crusty' drainage from eye	Hospital stay, and/or ER visit



### I am ready to come back to school when I am.....

Fever free for 24 hours without the use of fever reducing medication. I.e. Tylenol, Motrin	Free from vomiting for at least 48 hours	Free from diarrhea for at least 48 hours	Free from rash, itching, or fever. I have been evaluated by my doctor if needed.	Evaluated by my doctor.	Released by my medical provider to return to school.
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# SCHOOL DISTRICT 72 CAMPBELL RIVER

## 2025-2026 CALENDAR

JULY						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUGUST						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEPTEMBER						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DECEMBER						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JANUARY						
S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MARCH						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

- Instructional
- Non-Instructional
- Vacation Period
- Statutory Holiday
- National Day for Truth and Reconciliation
- Administrative
- Student led conference

- Aug. 28 Pro-D Day
- Sept. 1 Labour Day
- Sept. 2 Schools Open
- Sept. 30 Schools Closed - Truth & Reconciliation Day
- Oct. 13 Schools Closed - Thanksgiving
- Oct. 24 Pro-D Day
- Oct. 30 Student-Led Conference Day  
Schools to Provide Details About Student Attendance.
- Nov. 11 Schools Closed - Remembrance Day
- Dec. 22 - Winter Break
- Jan. 2 Pro-D Day
- Jan. 16 Pro-D Day
- Feb. 16 Schools Closed - Family Day
- Feb. 17 Pro-D Day
- Mar. 23 - Spring Break
- Apr. 2 Schools Closed - Good Friday
- Apr. 3 Schools Closed - Easter Monday
- Apr. 6 Pro-D Day
- Apr. 7 Student-Led Conference Day  
Schools to Provide Details About Student Attendance.
- May 18 Schools Closed - Victoria Day
- June 26 Schools Closed - Administration Day

Instructional     Non-Instructional     Vacation Period     Statutory Holiday