Sandowne Newsletter

January 2026

Welcome Back!

Happy New Year! We are thrilled to welcome everyone back to school after the holiday break. January is an exciting time in our learning journey—routines are firmly in place, expectations are clear, and our learning intentions are purposeful. This is a season of significant growth for many students, and we can't wait to see all the progress ahead.

We are proud of the incredible learning community we have at Sandowne, and we'd love for you to join us in celebrating it!

Learning Showcase
Date: Thursday, January 22
Time: 4:00–5:00 PM
During our Learning Showcase, you'll have the opportunity to explore the school and enjoy a walk-through of our hallways filled with vibrant bulletin boards showcasing student work. You can visit your child's classroom to celebrate their learning and accomplishments. As a special treat, we'll have cookies for families to decorate together!
Your partnership in this learning journey is essential for student success. We deeply value your participation and appreciate your ongoing support. Together, we make Sandowne a place where every child can thrive.

January is a great time to re-establish routines at home. Consistent bedtimes, a quiet space for reading, and regular check-ins about your child's day can make a big difference in their learning and confidence. A simple question like, "What was something new you learned today?" can spark meaningful conversations and reinforce classroom learning.

Warmly,

Kelly Gage & Georgina Knox
Sandowne Elementary School

January 5th

Back to School– Hot Lunch Ordering Opens

January 7th

Grade 5 French Immersion Presentation- 8:45am

January 14th

Grade 5 Volleyball Play and Train @ Timberline 9:30-11:30am

January 15th

Hot Lunch Ordering Closes

January 16th

Pro-D Day- School Closed

January 22nd

Learning Showcase & Cookie Decorating With Families- 4:00-5:00pm

February 2nd

Kindergarten Registration Opens

February 16th

Family Day-School Closed

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.

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

Upper Parking Lot

Please do not use the upper parking lot during school hours. This is staff parking only. Thank you for your co-operation.

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.

Sandowne Elementary
Sandowne PAC

Speed Zone and Crosswalk Use

All streets that surround our school have a speed limit of 30km/hr all year round. These streets include Serengeti, Superior, Sandowne, Niluht and Eland. We have received complaints of excessive speed by road users during after school pickup. Please be sure to obey the posted speed limits, as there are many students that walk home after school.

We have also noticed that some children are forgetting to use the crosswalks when walking to and from school. Please remind your children that they need to use the crosswalks when crossing the street.

Thank you for your help with this!

January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 **Hot Lunch Ordering Opens**	6	7	8	9	10
11	12	13	14	15 **Hot Lunch Ordering Closes**	16 **Pro-D Day- School Closed**	17
18	19	20	21	22 **Learning Showcase & Cookie Decorating 4-5pm**	23 **Hot Lunch Little Caesars**	24
25	26	27	28 **Hot Lunch Pita Pit**	29	30 **Hot Lunch Little Caesars**	31

SANDOWNE ELEMENTARY HOT LUNCH ROUND 2!

Ordering for this round of hot lunch opens on Monday, January 5th and will remain open until Thursday, January 15th. 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, January 23rd and will continue to be on Wednesdays and Fridays until Friday, March 20th. Please go to "sandowneschool.hotlunches.net" and use your account you made at the start of the school year to place your order.

2026-2027 KINDERGARTEN REGISTRATION

OPENS FEBRUARY 2, 2026
Register online! 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 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.

CONNECT WITH US

www.facebook.com/crsd72 @CRSD72 crsd72

Website: www.sd72.bc.ca **Phone:** 250.830.2300 **Email:** info@sd72.bc.ca

CAMPBELL RIVER
School District 72

SAFER SCREENS: AGES 5 TO 12 YEARS

Screen Time: Time spent watching any screen such as gaming devices, phones, tablets, television , laptops and computers

KNOW THE HEALTH FACTS

Screen time for more than 3 hours a day at 5 years old increases the risk for **disruptive behaviors** by 7, such as:

- Aggression
- Anger
- Argumentativeness
- Defiance.

Unmonitored screen time increases the risk of children talking to **strangers** and viewing inappropriate content.

Watching screens 1 hour before bed can stop **melatonin** production, causing children to stay awake.

Melatonin: A naturally occuring hormone produced by your body that regulates sleep/wake cycles.

1 hour or less of screentime for 5 to 12 year old's has been linked to lower risk of depression, compared to no screen time.

In children **10 years and older**, 2 hours of screen use daily was associated with:

- Positive psychosocial function
- Life satisfaction in children **older than 10**
- **Increased feelings of independence**

Compared to Teenagers (13+) using screen time, **Children (5-12)** appear to be at an increased risk of:

- Disruption of sleep
- Negative Social development
- Negative Brain Development

Between the ages of 8 to 12 years of age, increased screen time is associated with:

- Irritability
- Depression
- Inattention (distraction)
- **Hyperactivity.**

Hyperactivity: being easily distracted, impulsive, have a difficult time concentrating, constantly moving or fidgeting, and aggressiveness

According to a Canadian survey:

- **43%** of children in grades 4 to 11 have spoken to online strangers
- **89%** of children **thought** they knew how to protect themselves online.

Canadian Ophthalmologists (Eye Doctors) recommend:

- Limiting screen time based on age and need
- Take **regular screen breaks**
- Practice a **screen free hour** before going to sleep

Screen time has been associated with symptoms of **disordered eating** in children such as:

- Anxiety around appearance
- Concerns involving their body image.

Disordered Eating: a range of eating behaviors and patterns that have negative attitudes towards body weight/shape, physical appearance and food. Behaviors include limiting food intake, gong on a diet, binge eating lots of food in one sitting, use of diuretics and laxatives, and avoiding meals.

Communicating online can:

- Promote feelings of social connectedness
- Decrease depressive symptoms, especially in socially anxious kids

- **Allow kids to share personal information online**. Anxious/Depressed kids are more likely to share personal information to online strangers

Tips to Navigate Screentime

Talk to your child about acceptable and unacceptable online behaviors such as talking to strangers and sharing personal information.

Co-view: Viewing screens with your child. Screens include television, games, videos, movies, listening to music and getting to know apps they enjoy using.

Watch screens with your children **[Co-View]** and talk about the content.

Tips on Co-viewing

Avoid **Media Multitasking**: Working on several screens and tasks at once

Keep screens **OUT** of the bedroom to increase the quality of children's sleep.

Watch TV that is age-appropriate to promote healthy behavior and social development.

Keep in mind appropriate messages about body image, diversity, and social issues when choosing content.

Model healthy behavior and turn off screens and interact with your family to promote social development.

Encourage face to face interactions, sleep, and physical play/activity to increase overall development, such as:

- Brain development
- Social Skills
- Physical development

Continued ...

Reflect on your own use of screen media. Plan time for outdoor activities, and hobbies for yourself and your children.

Make a family media plan, including content and individualized limits.

Family Media Plan

When could screen use be a problem?

Time on screens is creating problems with socializing with family and friends, sleep or school.

Your child is irritable, sad or in a low mood after playing online or texting.

Your child expresses boredom and unhappiness without screen access.

Your child expresses **Oppositional behavior** when limits are set on screen time.

Oppositional behavior: Opposing or refusing to follow instructions or listen

Learn more

Device Management by MediaSmarts

CBC Kids

Canadian Paediatric Society

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

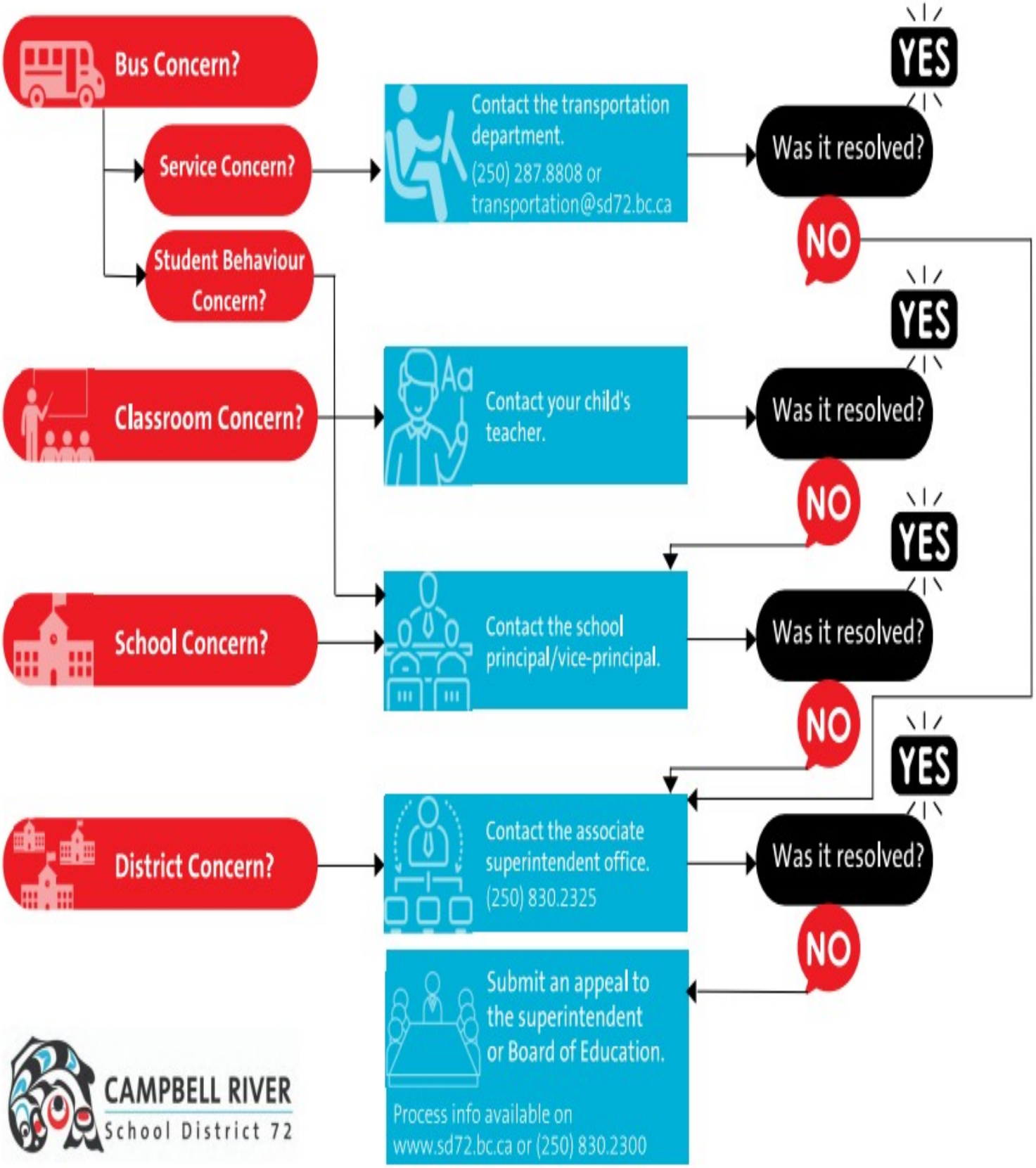
PAC has an account at the Island Return It on 1580 Willow st. If you are bringing bottles in and would like to donate all or part of your money, please let the cashier know prior to the start of your order to put it in the Sandowne school PAC account. They are unable to add it to our account after it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

Communication	• Use district communication process to address concerns – teacher first and if follow up is required then school administration. • Use respectful language whether in person or through email communication. • Respect staff time by accepting that they will respond to appropriate communication within a reasonable timeframe. • 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. • 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.
Partnership	• Try to ensure your child attends school and reach out for support if needed. • Work together with staff to resolve issues or concerns. • Read and discuss the Student Code of Conduct with your student to help them understand and follow it.
Conduct	• When coming to school please arrive safely and calmly without swearing, using inappropriate language, threatening behaviours, and/or verbal abuse.
School Culture	• Recognize that EVERY student is important to us. • 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.

How to Get Help With a Concern



CAMPBELL RIVER
School District 72

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. Ie. 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.

In accordance with the BC Center for Disease

SCHOOL DISTRICT 72 CAMPBELL RIVER

2025-2026 CALENDAR

JULY

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
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27	28	29	30	31		

AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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JANUARY

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FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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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 & Reconcilliation 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 - Jan. 2	Winter Break
Jan. 16	Pro-D Day
Feb. 16	Schools Closed - Family Day
Feb. 17	Pro-D Day
Mar. 23 - Apr. 2	Spring Break
Apr. 3	Schools Closed - Good Friday
Apr. 6	Schools Closed - Easter Monday
Apr. 7	Pro-D Day
Apr. 30	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

British Columbia | Ministry of Education