

## NEWSLETTER: 2023—2024



### Ocean Grove Elementary

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[www.sd72.bc.ca/school/oceangrove](http://www.sd72.bc.ca/school/oceangrove)



Hello Ocean Grove Community!

Welcome to Spring! There are many events in this last term so please check your child's/childrens' communication books, Newsletters, school newsletters and our Ocean Grove Website. For those parents and caregivers not on the school portal yet, there are instructions on the district website. At next school year's open house, we will be able to help you set up the portal as well. It is the quickest way to receive information. Also thank you to our PAC who also send out updates on a regular basis.



Thank you to grade fours who have signed up to join our Leadership Team, they are already doing a great job! Also a shout out to our practicum student teachers Ms. Paddington and Mr. Majic for organizing and coaching soccer intramurals for our grade fours and fives. For chess enthusiasts we have Chess Club on Fridays in the library, thanks to Mrs. Hatfield and Ms. Sharpe. Rainbow Club is still on Thursdays, and I host a Fun Run Club on Fridays.

Please drop by our Used Book Sale on April 19<sup>th</sup> (2:30 to 4:30 pm) in our gym. It was a huge success last year. Maybe I will see you there. Sincerely,

Louise Panziera, Principal

### **Used Book Fair - Friday, April 19th**

Ocean Grove Students only: 8:30 am to 2:30 pm

Everyone welcome: 2:30 pm to 4:30 pm

As published on our website, the PAC's 2nd annual Used Book Fair fundraiser is quickly approaching! Bring your donations to the school by April 12th. There is a Pizza Party for the class that donates the most books!

The PAC is looking for volunteers: please refer to our website for details, or contact the PAC directly via email:  
[pacoceangrove@sd72.bc.ca](mailto:pacoceangrove@sd72.bc.ca).

## Next Year Student Numbers

We are busy looking at our student numbers for the Fall.

If you currently have a student attending Ocean Grove in grades K thru 4 and they will not be returning to us in September, please contact the main office to advise of your plans at your earliest opportunity.

Current Ocean Grove grade 5 students will automatically transfer to Southgate Middle School for grade 6. If you have other plans for your child (ie late French immersion at Phoenix, or to another district), please advise the main office.

Finally, if you know of anyone moving into our catchment, please advise them to register as soon as possible.



## SD72 Elementary Junior Tennis for Grades 4 & 5

Six Sessions on Thursdays

from May 2nd to June 6th

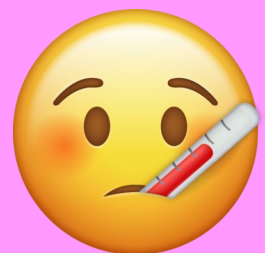
3:00 to 4:00 pm

At Willow Point tennis courts

For more information email: [Brent.larmour@sd72.bc.ca](mailto:Brent.larmour@sd72.bc.ca)

Has your child been home sick and is wanting to return to school?

The recommendation is that a sick student should return to school if they do not have a fever and their symptoms have been improving for at least 24 hours after vomiting or diarrhea.





As part of our emergency preparedness procedures, we will be having a Lockdown Drill sometime this month.

The purpose of a Lockdown Drill is to protect the students and adults in the building from a potential emergency. As with fire drills and other safety programs, the hope is to acclimate students and teachers to a procedure that they will be able to follow quickly, effectively, and safely.

Monday, May 6th

**Professional Development Day**

*Regular Classes will NOT be  
in session*

*REMINDER: If your child will be absent on a **Hot Lunch Day**, you may request a "Hold & Pick-Up" of their lunch. Or, it may be given to another student.*

*Requests must be made to the main office no later than 10:30 am. Items will NOT be held past 3 pm the same day.*



**Sunday, May 26th**

To view the Race Categories and to Register: [CLICK HERE](#) (ctrl click)

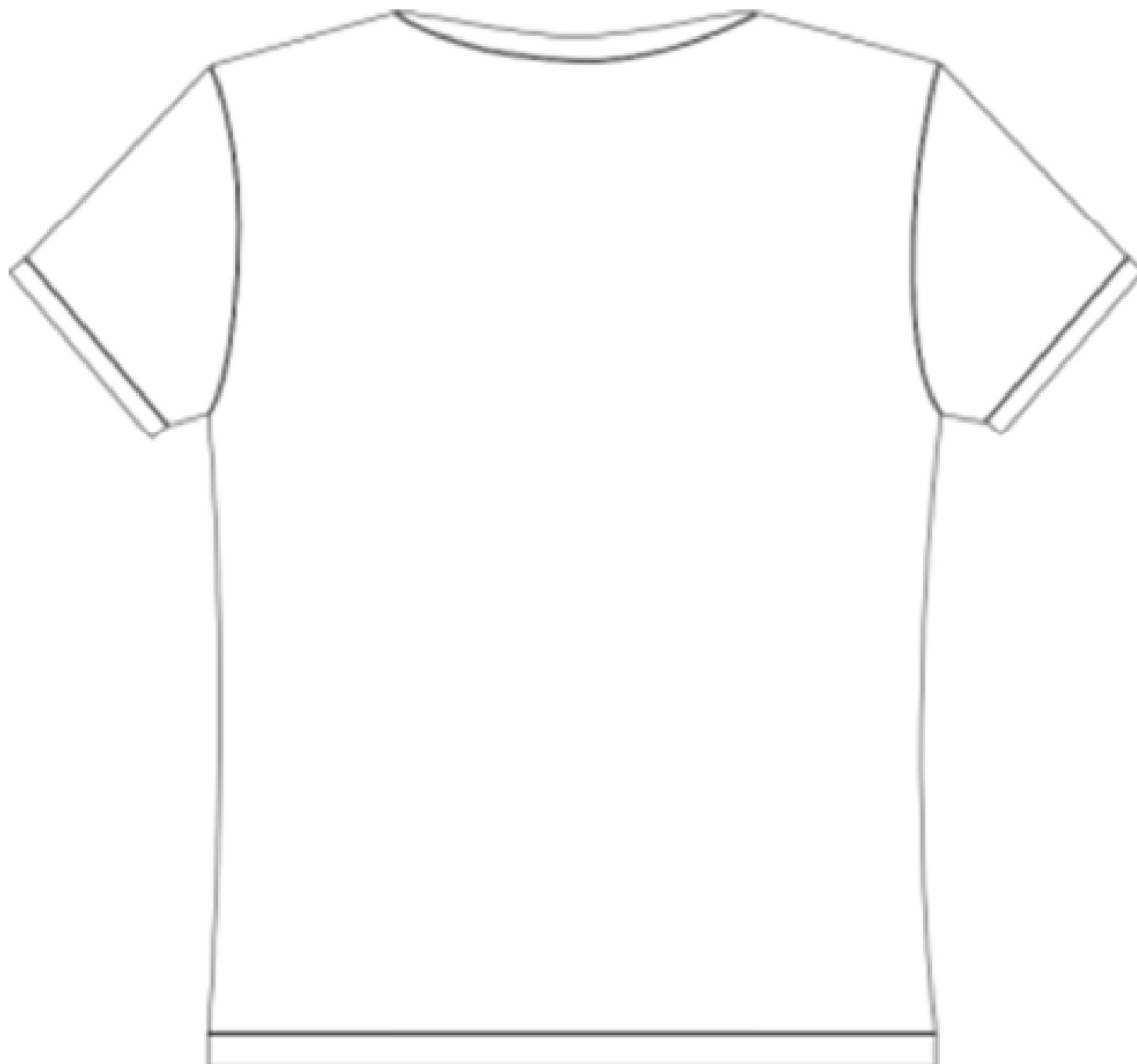
*If registering, please ensure you select our school!*

The Shoreline Orthodontics Tri-K T-Shirt Design Contest is open to kids between the ages of 5 to 13 years old. Deadline for submission is **April 30, 2024**:

- By email: Info@TriK.ca <t-shirt template next page!>
- Drop off or Postal Mail: Hitec/Brazen

Re: Shoreline Orthodontics Tri-K Triathlon T-Shirt Contest

479 4th St., Courtenay, BC V9N 1G9



Name: \_\_\_\_\_ Age (5 through 13): \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

- Email to [info@trik.ca](mailto:info@trik.ca) or drop off to Hitec/Brazen at 479 4th Street, Courtenay
- Deadline April 30th
- Event information at [www.trik.ca](http://www.trik.ca)

\*All entries become the property of Comox Tri-K Triathlon Society and may be modified for printing

# LEARN TO SKATE FOR ALL ICE SPORTS

WITH THE  
**CAMPBELL**  
*River*  
SKATING CLUB



## Registration now open for Spring programs!

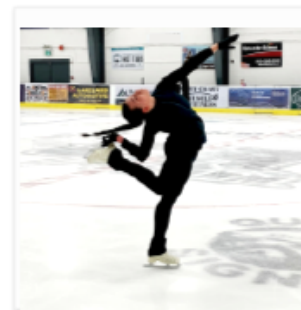
- CanSkate Learn to Skate
- PreCanSkate
- Parent and Tot
- PowerSkate Hockey
- STARSkate Figure Skating (Youth or Adult)

Sign up online!

[SkateCampbellRiver.ca](http://SkateCampbellRiver.ca)



SCAN TO  
SIGN UP



**Skate  
Canada**



## 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](#)
- [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 risk of overweight and obesity

The Canadian 24-Hour Movement Guidelines for Children and Youth (ages 5-17 years) recommend:

- Limit recreational screen time to less than 2 hours per day
- Aim for at least 60 minutes per day of moderate to vigorous physical activity

The **4Ms** for Balancing Screen Time:

**Minimize** screen time: Maintain daily “screen-free” times, especially for family meals. Get outside and be active as a family, read together, and enroll your child in recreational programs in your community.

**Model** healthy screen use: Remember that your child watches and copies you. Limit the amount of time you spend on the phone, on the computer, watching TV or on other electronic devices.

Be **mindful** about screen time: Monitor your family’s digital use and set limits. Keep TVs and computers in a central place where the whole family can see and use them and out of your child’s bedroom.

**Mitigate** (reduce) the risks associated with screen time: Be present and engaged when screens are used and co-view when possible. Choose programs that are educational.

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

- Your local [Public Health Unit](#)
- [Media Smarts](#)
- [Common Sense Media](#)
- [24-Hour Movement Guidelines for Children and Youth](#)
- Your local recreation centre

# THE GARDENS GAZETTE

Strathcona Gardens Recreation Center

Strathcona  
REGIONAL DISTRICT



Spring 2024



## OPEN SWIM SCHEDULE

Includes diving board, water slide,  
and rope swing; full pool access.

Monday & Wednesday  
6:30pm - 8:00pm

Friday  
6:30pm - 9:00pm

Saturday  
2:00pm - 3:30pm  
6:30pm - 8:00pm

Sunday  
2:00pm - 3:30pm  
6:30pm - 8:00pm

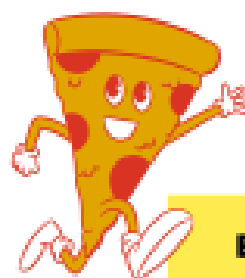
## POOL SPECIAL EVENTS

**APR** Youth Pizza & Swim Night  
**13** 8pm - 9:30pm Ages 11-15

**APR** Extreme Challenges Fun Swim  
**20** 2pm - 3:30pm

**MAY** Multi-Sports Swim  
**25** 6:30pm - 8:00pm

**JUN** Summer Kick-off Swim  
**14** 6:30pm - 8:00pm



## PRO-D DAY CAMP

**May 6** Splashtastic Day Camp

Cost: \$40/person Time: 9:00am - 3:00pm

Do you enjoy sports? Do you like swimming? Well, this is the camp for you! Spend the day playing fun and games in and out of the pool. Swim lesson in the morning. Be sure to bring a bathing suit, multiple towels, and a healthy lunch.

## EARN SCHOOL CREDIT BECOME A LIFEGUARD!

Courses running in  
April, May and June!

Bronze Medallion & Bronze Cross  
Weekends 9am to 3pm  
Weekdays 5pm to 9pm

National Lifeguard Pool & Airway  
Management and Oxygen  
Administration

May 31, June 1, 7, 8, 14 & 15  
See online for times.



## BABYSITTING COURSE

Mon & Wed 3:30pm to 5:30pm  
Starting May 6 or June 3  
Ages 11-15

[STRATHCONAGARDENS.COM](http://STRATHCONAGARDENS.COM)

# THE GARDENS GAZETTE

Strathcona Gardens Recreation Center

Strathcona  
REGIONAL DISTRICT



Spring 2024



## ARENA EVERYONE WELCOME SKATE

Monday & Wednesday  
1:15pm - 2:30pm

Tues/Thurs/Fri  
1:00pm - 2:30pm  
2:45pm - 5:00pm

Saturday  
1:30pm - 4:30pm

Sunday  
3:00pm - 5:30pm

## POND HOCKEY

Monday to Friday  
2:45pm - 5:00pm

Saturday  
1:30pm - 4:30pm

Sunday  
3:00pm - 5:30pm

## STICK & PUCK

Tuesdays & Thursdays  
11:30am - 12:45pm

Friday  
1:15pm - 2:30pm

## 16+ PROGRAM HOCKEY

Mon/Wed/Fri  
11:30am - 1:00pm

## LEISURE ICE

Monday & Wednesday  
2:45pm - 5:00pm  
7:00pm - 8:00pm

Friday  
2:45pm - 5:00pm  
5:15pm - 8:00pm

Saturday  
1:30pm - 4:30pm

Sunday  
3:00pm - 5:30pm

## ARENA SPECIAL EVENTS

**APR** Friday Night at the Movies

**12** 5:15pm - 8:00pm "The Marvels"

**APR** Glow Skate

**26** 5:15pm - 8:00pm

**MAY** Friday Night at the Movies

**10** 5:15pm - 8:00pm "Migration"

**MAY** Taylor Swift Skate Party

**25** 5:30pm - 8:00pm

**JUN** Friday Night at the Movies

**7** 5:15pm - 8:00pm "The Super Mario Bros. Movie"

**JUN** Glow Skate

**14** 5:15pm - 8:00pm



## PRO-D DAY CAMP

**May 6** Dash & Splash Day Camp

Cost: \$60/person Time: 9:00am - 3:00pm



This camp is an exciting combination of skating and swimming! Participants will have a skating session and swimming session, along with other off ice activities.

**STRATHCONAGARDENS.COM**