



# Newsletter

Principal: Mr. Hodges, Head Teacher: Mr. Kane, Trustee: Mikelle Sasakamoose, Secretary: Ms. L Heath

## Principal's Message

Dear Brantford families,

As we enter the first month of Spring and are setting our sights on the final stretch of the school year, I am reminded of just how far we have come since beginning in September. Our kindergarten students are confident on the playground, our grade 7s are nearing the end of their elementary school journey, and everyone seems excited to be back.

I hope that you have all enjoyed a restful Spring Break and are ready for the whirlwind of a final term. On the horizon we will be bringing in school-wide tennis lessons as well as wrestling lessons. Just to be clear, the wrestling is the sport version and is geared towards K-7 students (NOT WWE style wrestling!). We will also have an author visit our intermediate students, and the PAC will be hosting another Movie Night on April 17<sup>th</sup>.

**Save the Date:** On May 6<sup>th</sup>, we will be hosting our Student-Led Conferences (with an early dismissal). This is an opportunity for you to see and celebrate the many accomplishments of your children. More info on this will come out closer to the date.

We are still looking for some volunteers to help support our school loop in the mornings. Everyone's safety is important, and having family volunteers in the morning helps ensure a smooth transition to school for all. If you are able to help, please contact me directly. *As a bonus, all loop volunteers can access parking in the staff lot on the day they are volunteering!*

As always, please reach out to me with any questions or concerns.

Kind regards,  
Scott Hodges  
Principal

### DAILY SCHEDULE

School begins: 8:50

Recess: 10:30

Lunch: 12:00

Classes resume: 12:45

Dismissal: 2:55

Mondays: 1:55

**Apr 03 & 06  
No SCHOOL**

**Apr 17  
COLA**



**Apr 24  
PAC  
Meeting**

**Apr 27  
Pro-D  
Day**

### STAY INFORMED!

View the monthly newsletter, calendar, upcoming events, minutes and agenda as well as updates from our PAC on our school's website: <https://brantfordpac.com/>

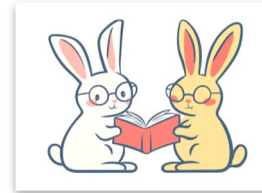
## Tennis Lessons

Our students will participate in tennis lessons from April 20th to May 1st.



## Book Fair

Brantford's Book Fair begins on May 4th, more details to come closer to the date!



## Jump Rope for Heart

Thank you, Brantford community, for your incredible support of the **Heart & Stroke Foundation!** Through your fundraising efforts and enthusiastic participation in our Jump Day event, we raised an amazing **\$2,395** - well done!

Thanks to everyone's efforts, students also earned an extended recess as a fun reward. This event will now become an annual tradition, so if you didn't have a chance to fundraise or participate this year, we look forward to having you join in next time!



## Summer Sessions

Thinking of Summer Session for your child? With options for elementary and secondary students including everything from academic enrichment to trying a new skill and having fun, there are dozens of choices. Most students meet the criteria for a tuition-free class. Registration takes place online. Please note that the Burnaby School District will be continuing the staggered process that started last year, with registration dates ranging from April 7 to 16. More information about registration and brochures outlining the courses from which to choose can be found on the District's website [here](#).



## Class Photos

Class photos will take place on Friday, April 10th!



## April – Outside play and physical activity for children and youth

### Get outside and play!

Physical activity is a necessary requirement for optimal health. Regular physical activity in childhood and adolescence helps to develop cardiovascular fitness and muscle strength, supports positive social connections and improves mental well-being.

There are many benefits to unstructured play. These benefits are even greater when engaging in physical activity outdoors. When children and youth spend time outside, they:



**Sit less, move more and play longer** – key to cardiovascular health and fitness.

**Have healthier eyes** – spending more time outside reduces nearsightedness risks.

**Sleep better** – sunlight helps regulate sleep hormones and sleep patterns.

**Enjoy improved mood** – physical activity can reduce symptoms of anxiety and depression.

**Feel more connected to nature** – appreciation of the environment and being in nature can support healthy and balanced emotions.

### Planning active outings doesn't have to be challenging or costly.

#### Here are some fun ideas you can try:

**Try a new activity** – check out [geocaching](#) or attend a local explorer day with [NatureKidsBC](#).

**Unplug and connect** – ideas to decrease recreational [screen time](#).

**Go for a scavenger hunt** – try this [nature scavenger hunt](#).

**Go for a walk or hike** – try these [10 hikes to take your kids on this summer](#).

**Play in a forest or park** – try a new [regional park](#) every day for a week.

**Explore a local stream** – check these [beautiful watershed walks](#) in the region. Learn about [water safety for children](#).

**Swim at the pool, waterpark or beach** – check [beach safety conditions](#) first or stay cool at a local spray park.

**Ride a bike or scooter** – explore the [Hope Bike Park](#) or check out these rides along [Boundary Bay](#), [Pitt Meadows](#) or [Vedder Greenway](#). Learn more about cycling safety on [Fraser Health's website](#).

**Visit farms, fish hatcheries and bird sanctuaries** – try this [local family fun guide](#) for unique ideas.

Find more ideas to keep your kids active through the year on Fraser Health's [Keeping children active](#) page.