

NORQUAY SCHOOL NEWS



Starting in April we will be only sending the newsletter via email. If you want hard copies please take it from the coffee table across from the office.

With Spring Break quickly arriving we wanted to share with you some of the exciting events that have happened and will be happening at Norquay.

Our school community continues to provide wonderful opportunities for our students and their families. The Book Fair; PAC Lunar New Year; Lunar New Year Parade; Pink Shirt Day; Term 2 Conferences and Athletics are just a few of these opportunities and we must thank all those staff; parents and community members that provide the support and time to make these opportunities possible.

You will notice in upcoming newsletters a 'Feelings Corner' that provides information to support our families. Thanks to Dr. Garzitto for contributing these articles and we hope that you find them informative and beneficial.

We hope to see you at our upcoming events but in case we do not we wish you all a safe, relaxing Spring Break and look forward to a great Third Term on our **return to school on Tuesday, April 3.**

Please look to our website at - www.norquay.vsb.bc.ca. or follow us on Twitter @norquaytweets for current and future events.

School Hours

8:55	Warning bell
9:00	Instruction begins
10:30-10:50	Recess
12:10-12:55	Lunch
1:00	Instruction begins
3:00	Dismissal

School Code of Conduct

Be Kind, Be Safe, and Be the Best Learner and Leader You Can Be (No matter your age)

Director of Instruction-Field Services:

Mr. Aaron Davis

Liaison Trustee: Mr. Fraser Ballantyne

Principal: Mr. Tim Krug

Vice Principal: Ms. Teena Smith

Office Staff: Ms. Wong/Ms. Lowe

SPCA CupCake Sale: Ethan Whiton and his team raised over \$400.00 for the SPCA. Thanks to the Cupcake makers and buyers. Well done!

Happy March! And a **BIG THANK YOU** to everyone that helped, participated, enjoyed, and visited our **Norquay Book Fair 2018!** There was a lot of excitement about **books and learning** this month! February also saw Kindergarten and Grade 1 **Book Talks**, **One Stick Challenge for Maker Club**, **Heritage Fair** kick-off, **Totem and Inukshuk** building, **Wooden Boat** building, and **THOUSANDS of Books** checked out!

Pink Shirt Day: The school was awash in Pink as students and staff assembled to demonstrate their commitment to erase bullying acts at Norquay. Master Cheng from Kees Tae Kwon Do provided an inspirational talk while our We Club led us in a 'Free Dance' and the Grade 6 and 7 choirs sang 'Put A Little Love in Your Heart.' Though a one day National event, staff at Norquay work daily to provide a safe learning environment for all.

Feelings Corner: Have Your Children Contribute to the Household

Children need love and connection, and they also need practice in contributing to a larger community. That is one way social emotional skills get rehearsed. Children need to practice taking care of others not just being cared for. If the flow of goods always moves in one directions, both parties become imbalanced. Family resources-love, time, money- need to move back and forth. Like any ecosystem, the family unit, must be balanced to remain healthy. There are simple ways that families can work together to be balanced and healthy,

- 1) Every member of the family should have responsibilities based on their capacity. Give everyone daily and weekly tasks that are require more then just taking care of personal needs.
- 2) Your body is a priority. Do everything you can to take care of your body. Children need to see adults in the daily practice of self care.
- 3) Acknowledge the contributions you and others make towards helping the community.
- 4) Have family meetings and ask "What can we do to take care of our home and each other?"

Parent Advisory Committee (PAC) News:

The PAC wishes to thank everyone who came to its first **Lunar New Year Social** event on February 13th. The gym was abuzz with energy as families celebrated The Year of the Dog with activities, crafts and a special lion dance by our very own Emily and Nicholas Yen who performed with the Vancouver Lion Dance Association. The PAC also thanks East West Market and Nesters on Main for their generous donation of Mandarin oranges, Chinese calligrapher Peggy Hua, Amy O'Brian and Holman Wang, student balloon artists Omar, Silas and Caleb, Norquay administration and staff, and all the parent and student volunteers whose hard work and enthusiasm transformed the gym and made this a great event.

The next PAC meeting is **Wednesday March 14 in the library at 6:00**

Childcare will be provided.

EMB Students participate in the Lunar New Year Parade

On Sunday, Feb. 18, 55 of our students participated in the Lunar New Year Parade. Supported by members of the Maria Mimie Ho Foundation the students practiced their choreographed routine prior to the parade and on Parade Day were in full costume and performed magnificently. An opportunity of this size takes considerable support and planning. Thanks to all the teachers, parents and family members who helped the students prior, during and after the parade. The opportunity to participate in an event of this magnitude is one that students will remember for a lifetime. Well done Norquay.

Gladstone Choir and Band Visit

The gym came alive to the sound of the Gladstone Band and Choir on February 15. Under the direction of Mr. Braverman our students were entertained and more importantly exposed to the wonderful Fine Arts opportunities that await them in High School. The Band introduced various instruments to the students in solo and group pieces while the choir sang many popular songs that were recognized by our students. A great morning that provided inspiration for our students to continue with choir and join the band in High school!

Norquay Sun Run Team

We are very excited to announce that students will have the opportunity to train and then participate in the Sun Run on Sunday April 22. We will train on April 4, 11 and 18 meeting in the lunchroom at 8:20 and then head to the field for training. Students are encouraged to also train on their own so that they are prepared for the 2.5 KM run. Given the large number of participants in the event we will not run as a group but students are encouraged to meet with friends and run together.

Registration deadline is March 16, go to:

<https://register.vanoutersunrun.com/#!/events/2018-vancouver-sun-run/registration/solo/participant/20180219112300I0PSZP/team/join>

Or go to the Sun Run website and : Select 'Join an existing team/Create a profile or continue as a guest/Select Norquay and then SIGN UP.



The 2.5 km Shaw Mini Sun Run. Adult participants DON'T pay to participate, they register as 'Youth 2.5k Shaw Mini Race - Runner – Escort.' It takes you through the registration process and to the check out, but the fee is \$0 (and you don't get a t-shirt). Also, strollers, etc. are welcome in the Mini Sun Run, so the whole family can participate. Keeners can do the Mini Sun Run and still get to the start line for the 10km race!! Thanks to Sarah Mulhall (Parent) for organizing our team. **Contact Sarah at stmulhall@yahoo.com for more information.**

Norquay Garden News (FYI we have the biggest garden within the VSB)



From Feb to April, the entire school will be participating in "Walk About" workshops with Lori Snyder, an indigenous herbalist and educator, who will teach the students about medicinal and edible plants that grow all around us in common and everyday spaces. The students will discover that our immediate surroundings offer a wealth of untapped resources. The workshops are being funded through the school garden fees and PAC.

	Important Dates to Note
Tues. March 6	EMB Choir at John Oliver for Choral Festival
Thurs. March 8	EMB Founder's Recognition Ceremony 12:00 Library
Wed. March 14	PAC Meeting: Library 6:00 Childcare provided Windermere After school Program Sign up 3:10 Activity Room
Friday March 16	Term 2 Report Cards go home. Last day before Spring Break
March 17 to April 2	Spring Break (includes Good Friday/Easter Monday) Students return to school on Tuesday April 3