Kodiak News

May 5 - 9, 2025

Communication with families







Duncan Cran Elementary

Phone - 250-787-0417

Mr. Griff Peet - Principal gpeet@prn.bc.ca

Mrs. Jaimelia Turner - Vice Principal

jaimeliaturner@prn.bc.ca

Mrs. Felecia Ehlert - Admin Assistant

duncancran@prn.bc.ca

Parent Advisory Council duncancranPAC@outlook.com

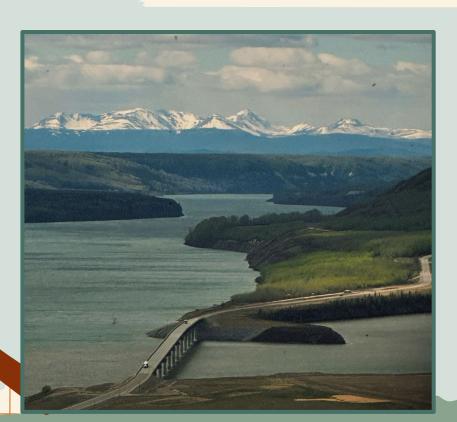


Duncan Cran Website

Duncan Cran Elementary Facebook

Duncan Cran PAC Facebook

Land Acknowledgement



We work, learn, and live on the traditional territory of the Tsaa? Çhé Ne Dane or Dane-zaa.

Our district is also in Treaty 8 territory, the only numbered treaty in British Columbia.

Local Language Learning

Dane-zaa Záágé

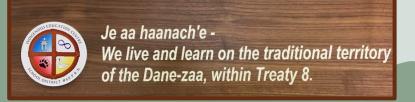
Spring - do?eh (doh-e)

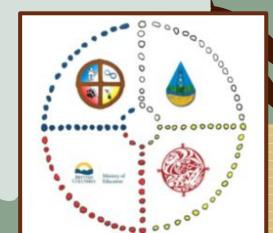
Cree Language

Spring - oskaskosiya ▷¹b¹d²+ (oss-kass-koh-see-yaa)

Michif Language

Spring - praentaan (preh-tun)





IMPORTANT LINKS

District website www.prn.bc.ca

Hot Lunch - Online Ordering https://kodiaks.hotlunches.net/admin/

Online payments kodiakfees@prn.bc.ca

SD# 60 3-year calendar https://www.prn.bc.ca/district/district-calendars/

SD #60 Emergency Preparedness - https://www.prn.bc.ca/safety/plans-info/emergency-preparedness/

School Bell Schedule

<u>Duncan Cran Elementary Bell Schedule 2024-2025</u>



This week

	Mon, May 5	Tues, May 6	Wed, May 7	Thurs, May 8	Fri, May 9
General info		Talent Show Auditions in the gym at lunch	Talent Show Auditions in the gym at lunch	Talent Show Auditions in the gym at lunch Xplorefest 9 am - 12 pm Grade 5s Virtue Assembly 1:30 pm	NO SCHOOL Pro-D Day
Activities and Sports	Track and Field practices start	8 am high jump 3 pm ball throw 3 pm sprinting	3 pm sprinting	8 am long running 12:10 pm long jump	

Track Practices - Open to all Grade 3-6

Events are open to Grade 3, 4, 5 and 6. We will start on Tuesday, May 6th.

There is no sign-up; we will record the names of the students who attend. You must attend practices to go to the track meet.

Track Practice Schedule 2025

Event	Location	Mon May 12, 26 June 2	Tues May 6, 13, 20, 27, June 3	Wed May 7, 14, 21, 28, June 4	Thurs May 8, 15, 22, 29, June 5	Fri
Long Jump Nicole Needham and Mrs. Wilkinson	Pit				12:10 - 12:40 pm	
High Jump Ms. Ramstead	Gym	,	8:00 - 8:30 am			
Long Running 400, 800, 1500m Ms. Jaimelia	K Playground	3:00 - 3:30 pm			8:00 - 8:30 pm	
Sprinting 60, 100, 200 m Carina and Raven	Intermed Playground		3:00 - 3:30 pm	3:00 - 3:30 pm		
Ball Throw Nicole Needham and Mrs. Wilkinson	Field by BB nets		3:00 - 3:30 pm			
Relay practice Carina and Raven 100m x 4 fastest	Intermed Playground		To be decided after May 16			

Events are open to Grade 3, Grade 4, Grade 5, and Grade 6

SAFETY NOTICE

The safety staff around the construction site are there to keep the us safe.

Please remind your children to watch for the crossing guards and to listen to their instructions.



EASE at Home (Grades 4-7)

Strategies to help children cope with anxiety during the COVID-19 pandemic and beyond

Sometimes it's hard for adults to know what to say or do to ease a child's worries, especially during times of change and uncertainty. As the most important big people in their world, parents and caregivers can help children feel safer and soften the sharp edges of whatever is happening to make their worries grow.

Helping Children Find Their Feelings

What is it?

Children may have a hard time identifying the intense and confusing feelings that come with all the changes in their world. They might be feeling frustrated, worried, restless, hopeful, angry, and overwhelmed all at the same time. So many swirling emotions could result in disrupted sleep, irritability, increased fights with siblings, and physical complaints like stomach aches. Learning to recognize emotions and find acceptable ways to express them can keep them from staying bottled up inside or acted out in unsafe ways.

How?

Talk about feelings with your child. Read books or watch videos about different emotions and ask if your child is having any of the same feelings. Some examples include:

My Heart

by Corrina Luyken

The Red Tree

by Shaun Tan

How is She Feeling?

by Disney Enterprises



Share some of the feelings you have been having lately. Let your child know that you accept that these feelings are normal and temporary and that you are coping with them in healthy ways

Acknowledge all the feelings your child experiences. Be present and supportive without trying to fix or change how they feel. For example, "It's okay to be feeling a little nervous now-it's a sign your emotions are working as they should."





Invite your child to express feelings through drawing and painting, writing, dancing, music, or even having a good cry

Strategies for Managing Anxiety

Our Intermediate students are all receiving lessons on:

- How our feelings can overwhelm us
- How we can use strategies to express and manage our feelings

Please click on the poster or on this link to learn more <u>Helping Children Find their</u> <u>Feelings</u>



EASE (Everyday Anxiety Strategies for Educators) is a collection classroom resources that have been adapted for parents and caregivers to help children manage anxiety and worries at home.





BIKES/SCOOTERS - Students are asked not to ride their bikes and scooters on school grounds between 8:30 am - 3:00 pm. This is 15 minutes before and after school.

- All students and family members are asked to walk their bikes in the parking lot and on the school grounds for safety.
- CONSTRUCTION Please remind your children to be careful around the construction and to watch for stop signs and dangers.
- Talent show auditions are May 6-8 at lunch.
- NO SCHOOL ON FRIDAY May 9th is a Pro-D day for staff
- Students who will be in grade 6 next fall and who are interested in the <u>SD 60</u>
 <u>beginner band program</u> are invited to click the link and fill out the form, digitally, or print and send paper to the school.

CALLING FOR ACTS!

Talent Show

Do you have a talent to share?
Sing a song!
Dance!
Perform a skit!
Play an instrument!
Magic Show!
Gymnastics Routine!
Perform a poem!

Sign up with Miss. Frasch April 30, May 1, May 2 at Lunch in the Library!

Auditions: May 6, 7, 8 at

Talent Show: May 16

Students are invited to:

Audition for Ms. Frasch on May 6, 7 or 8th at lunchtime

Some students will be chosen to perform at the Talent Show on Fri, May 16.

Ms. Frasch will let everyone know who will perform on Monday, May 12th.

Upcoming Events

	Mon, May 12	Tues, May 13	Wed, May 14	Thurs, May 15	Fri, May 16
General info		Gr. 4 swimming lessons 1:00 -2 pm	School wide Speech contest 11:00 am Parents welcome	Gr. 4 swimming lessons 1:00 -2 pm	Talent Show 1:00 pm Parents welcome June Online Lunch Orders open
Activities and Sports	3 pm long running	8 am high jump 3 pm ball throw 3 pm sprinting	3 pm sprinting	8 am long running 12:10 pm long jump	

Upcoming Events

1		Mon, May 19	Tues, May 20	Wed, May 21	Thurs, May 22	Fri, May 23
June Online Luncl					ders open	
	General info	Victoria Day NO SCHOOL	Gr. 4 swimming lessons 1:00 -2 pm	District wide Speech contest Kindergarten year end photos		
	Activities and Sports		8 am high jump 3 pm ball throw	3 pm sprinting	8 am long running 12:10 pm long jump	8 am high jump 3 pm ball throw
ı			3 pm sprinting			3 pm sprinting

Upcoming Events

	Mon, May 26	Tues, May 27	Wed, May 28	Thurs, May 29	Fri, May 30
General info					
Activities and Sports	3 pm long running	8 am high jump 3 pm ball throw 3 pm sprinting	3 pm sprinting	8 am long running 12:10 pm long jump	

Beginner Band Recruitment



Click photo to watch the recruitment video!



- **Before and After School Care** If you are interested in Before and or After School Care please contact the BASC co-ordinator.
 - There are spots available in this program. Please see the BASC information, including the fees, at the following link. *https://www.prn.bc.ca/programs/before-and-after-school-care/
 - For more information, please contact Susanne Currie, BASC Coordinator, at 250-264-7186 or basc@prn.bc.ca.
- Before and After School Supervision If families need before and after school care please see the BASC information above.
 - Morning supervision begins @ 8:30 am.
 - After-school supervision ends at 3 pm. Please pick up students by 3 pm.
 - When checking out your child early, please call or stop by the office. The office will page your child down to the office, or we can send them to you.
 - We ask families to wait outside for their child/children at 2:44 pm dismissal. This ensures a smooth dismissal process.

- Duncan Cran Online Payments kodiakfees@prn.bc.ca Please remember to add your child's name and what the payment is for. Thanks for making, this a smooth process.
- Early student pick-up Thanks to our families for letting the office know when they need to pick up their child early. Please check in at the office by phone or in person when picking up your child early. The office staff will help your child get ready at the office if we know the expected pick-up time. We can also send your child out to you if you like.
 - Messages can be called in and or emailed to <u>duncancran@prn.bc.ca</u>
- Communication with the office and administration Please email or call ahead, if possible.
 - o <u>qpeet@prn.bc.ca</u> Mr. Peet
 - jaimeliaturner@prn.bc.ca Ms. Jaimelia
 - <u>duncancran@prn.bc.ca</u> Duncan Cran Office

- <u>SD 60 Strong Start</u> is located in the portable on the west side of the school.
 - Do you have a child 0-5 but not in school yet? Try Strong Start. Strong Start is an effective preschool program to support literacy and social skills. A qualified Early Childhood Educator is on-site to support learning and answer questions. Duncan Cran StrongStart is a School District 60 partnership with your community. For more information, click on this link.
- Volunteers are always welcome at our school. Please contact the office if you want to volunteer at
 the school or coach a team. All volunteers must complete a criminal records check before
 commencing any activities with students. Please contact the office for further information. A volunteer
 CRC is good for 5 years.
 - PARENT -Volunteer CRC online application

- Visitor Check-in Thanks to all our families for checking in at the office when you come to the school. This is a district policy that ensures student safety. If you need to pick up your child early, you can also email or call the office ahead of time, and we will have them ready at the office. We can also send them out if you call when you arrive. If you need to drop something off for your child, please bring it to the office.
- Kodiak Athletic Pledge Code of Conduct for Coaches, Athletes and Spectators
- Duncan Cran Elementary Hot Lunches https://kodiaks.hotlunches.net/
- Framework for Enhancing Student Learning (School Plan) Our school Framework can be found on our website at the following link. We will continue to update our goals throughout the school year.
 - https://duncan.prn.bc.ca/our-school/framework-for-enhancing-student-learning/

All families need to review the following document - School District 60 Emergency Preparedness Information -

- https://www.prn.bc.ca/safety/plans-info/emergency-preparedness/
 - The District will be using the BC Air Quality Index (AQHI) to guide decisions about school actions related to smoke.
 - https://www.env.gov.bc.ca/epd/bcairquality/data/aqhi-table.html
 - When air quality risk is high,, we will limit the doors we use for entry and exit to reduce smoke in the building.
 - Please have a look at our site-specific Double Gated Evacuation Process for Parent Reunification
 - Duncan Cran Elementary Double Gate Evacuation Process
 - Students will only be released to an individual designated as the legal parent/guardian
 or emergency contact on the MYED student contact information form. Contact forms
 will come home this week so that families can ensure this information is updated.

Parent Resources & Links

- Kodiak Athletic Pledge Code of Conduct for Athletes, Spectators and Coaches
- Duncan Cran Song The lyrics can be found at this link <u>Duncan Cran Kodiaks</u>
- <u>BC's ERASE</u> (Expect Respect and Safe Education)
 - ERASE Sessions for families
 - Raising Digitally Responsible Youth Document for families
- Home Reading Tips for Parents
- Our new EASE 'At Home' activities are now live on our EASE website.
- <u>WITS</u> is a program that teaches K-3 children to make safe and positive choices about peer conflict

District Links:

- School District calendar information can be found at the following link
- <u>Indigenous Education</u> Information can be found here.



Parent Resources & Links

- Early Learning Programs https://earlylearning.prn.bc.ca/
 - Strong Start
 - Preschool
- SD # 60 Before and After School Care Program (BASC)

If you are interested in

Before and or After School Care, please click on this link.

- *https://www.prn.bc.ca/programs/before-and-after-school-care/
 - For more information, please contact Susanne Currie, BASC
 Coordinator, at 250-264-7186 or basc@prn.bc.ca.

