

Gwa'sala-'Nakwaxda'xw School Newsletter

Strong Together In All We Do



April, 2023

News from the Principal



Gilakas'la

We are back from our spring break and things are moving along nicely! We are excited to see what the third term brings and we hope with improved weather we can start to enjoy the outdoors in the final two months.

At the end of March, we finished our second term on a positive note with our Red Cedar Bark Ceremony Yayuma. We could not have been more proud of our students. A huge thank-you to Lauren and Walter for all the hard work to prepare the students!

April has been a busy time of learning and fun activities. Some classes went on overnight field trips (Jen and Leslee's classes to Camp Homewood and Nic's class, to Strathcona Park), Easter activities, Earth Day, gymnastics in P.E. and even special eulachon treat in culture class!

The last couple of months always go by so quickly so stay connected and informed through our school Facebook page and be sure to check for notices home! Many wonderful events, field trips and activities are happening in the coming weeks. This week we hosting a Literacy Evening for families on May 4 so we hope to see you then!

All the best to our families,

Reed Allen - Principal



News from Karen

Yo Parents and Guardians,

Happy Spring, the weather is turning and we are enjoying the sunshine and warmer, longer days. We are excited to have received a grant from FNSA Parents Club. We will be hosting several functions over the new two months. The first event is Thursday, May 4 - Literacy Evening. We hope that everyone can come out and enjoy this event with their children.

Useful information: Sleep and children - as the days get longer it is important to remember that children need sleep for health and developmental growth. Check out the chart below to make sure your child is getting the appropriate amount of sleep.



News from Shannon

Yo! Many of our students are spending a lot of time on social media and we are definitely seeing some of the effects at school. Sometimes our students come in very tired or they come to school upset about a conflict that happened online the night before. Other times our students don't know how to protect their safety online or stumble upon upsetting images. The internet and texting do make it easy for people to do harm to others. Get to know how to use technology responsibly and how to stay safe from online bullying, identity theft or other scams.



Use your cell phone, tablet or computer responsibly. Make sure what you do online reflects who you are in real life – if you wouldn't say it, don't post it. What you share through social media may be permanently available to anyone who looks for it, even if you delete it. Don't use social media, cell phones or other devices during class.

Treat people the way you want to be treated. Respect other people's privacy. Never take a picture or recording of someone else without their permission – don't post anything without their permission either. It's easy to misunderstand messages or posts, so think before you write.

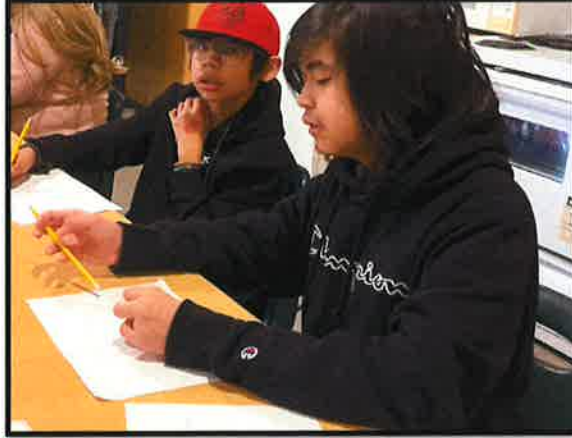
Don't cyberbully others. Don't participate in online gossip, forward mean messages or "like" cruel posts or photos. Harassing, insulting, bullying or impersonating someone online is against the law.

Stay away from scams and illegal content. Do not click on links or open attachments without knowing they are valid.

Keep things private. Don't post personal information like your birthday, phone number, address or social insurance number. Only communicate with people you know in real life. Adjust your privacy settings, so you know who will see what you share. Use strong passwords and don't share them.

As always, feel free to contact us at the school if you have any concerns or questions!

News from Dianne's Grade 6/7 Class



Oh what a month!



Yo family and friends! We were gifted with an amazing drum workshop with hereditary chief Harvey Robinson from Klenmtu. Gilakas'la, Eddie Walkus, for making it event happen! We were also grateful to have Granny Pee Wee join us. Happy Spring!



News from Nic's Grade 5/6 Class



Photo highlights of Div. 2's trip to Strathcona Park Lodge!

Tree climbing, zip lining, canoeing, lake dipping, sauna-ing, playing, competing, eating, laughing, our days were full! Big "thank you"s to our excellent leaders Dave and Kian, and our awesome bus driver Rick!

News from Leslee's Grade 4/5 Class

Gilakas'la.

April has been full of fun and learning! Our three day trip to Camp Homewood was a great success. Students had lots of outdoor time playing games and the laughter and giggles on our first day never stopped! The students were split into groups and participated in archery, riflery, campfire building, grooming horses, hiking, Mission Impossible and much more. The food was great and there was plenty of it! Each night, students got ready for bed and settled in bunkbeds in 3 different cabins. The last big stop was McDonald's in Campbell River where everyone filled their bellies before the bus ride back home. What a great way to spend time together outside of the school!



News from Jen's Grade 3/4 Class

We started our first week back from Spring Break at Camp Homewood on Quadra Island. Students participated in archery, riflery, outdoor living, mapping skills, horse brushing, a nature hike, and tons of games and entertainment. I'm sure this will be a memory that will last a lifetime. We ended the trip with a McDonald's feast! We are heading into the final term of school and we still have so much learning to do! I look forward to the final two months with this wonderful group of kiddos!



A big thank you to Chef Robert for baking pies for our Camp Homewood fundraiser!!!

News from Jackie's Grade 2/3 Class

With the nicer weather, our class has been busy outdoors! They are building their stamina for 3 upcoming long hikes by getting out on short trail hikes - Quatse River Trail and Elk Drive Trail. The students explore and observe nature while getting fresh air and exercise!

Not only are we getting outside to exercise, but we've found cool places to grab a book and read at the park!

"Studies show that levels of anxiety, stress, and others are reduced by being outdoors. When you are outside, the fresh air can help raise oxygen levels in your brain which increases serotonin levels. Serotonin is the neurotransmitter that alters your mood. Getting some fresh air is a simple way to

Our class was very fortunate to receive a feed of a'ant and eulachons: we tried it raw, right off the kelep as well as fried in garlic and butter! Mmmmm, mmmm, mmmm! It was super delicious!



April

"My mom told me that our ancestors used to use these shells as earrings"



News from Melanie's Grade 1/2 Class



April has been a fast and fun month for us. We spent some time engaging in outdoor learning and enjoying the lovely spring weather. We have spent time at our local beach, Storey's Beach, Beaver Lake trails. On really nice days, we even read outside! We have really been focussing on our reading these days. You have probably noticed the the kids are really starting to read independently. It has been so exciting watching them learn these skills and gain confidence as little readers. The class really loves Library. They love spending time picking out the perfect books that they get to enjoy during free reading time. It has been an honour to be able to guide them on this learning journey.

News from Sheri-An's K Class

Gilakas'la! I cannot believe that May is upon us. We are looking forward to all of the April showers bringing us May flowers. This next month will be exciting as we will be welcoming caterpillars and frogs eggs into our class. It's always exciting for the kiddos to witness them go through metamorphosis. These nicer days have allowed us to spend more time outdoors adventuring and having fun.

Spring Buds



Drum Buddies



Egg hunt



Forest Breathing



Balance



Eagle nest



News from Michelle's Pre K Class: April



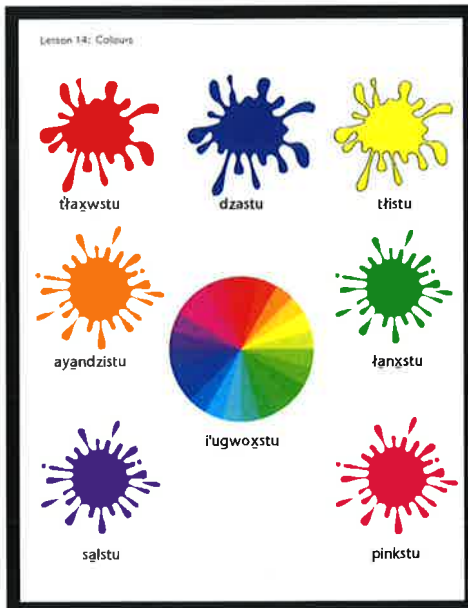
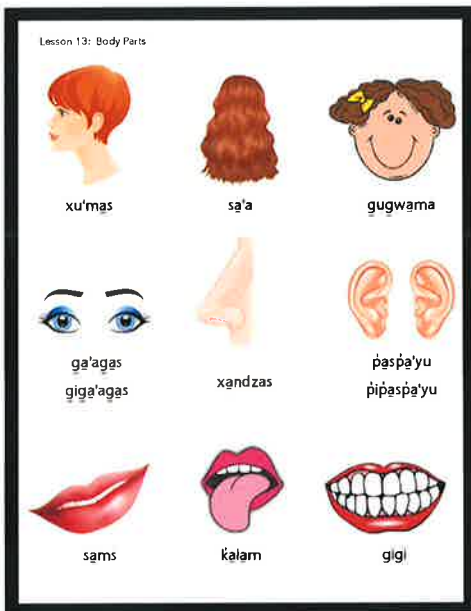
April began with Easter excitement, including fun craftmaking, and a bunny hop around the school to follow the Easter bunny's trail. This month, climbing equipment has been a very popular addition to gym activities and everyone has enjoyed the balancing challenges. All the students are growing physically, emotionally, academically and socially. Our class has embraced the warmer weather with visits to the atli and łasagwis, where there are so many opportunities for communicating and learning new Bakwamkala words and phrases. As always, we are so blessed with regular visits from elders who share language, love and care with all the gangananam. Ğilakas'la.



News from Robin's Bakwamkala Class

Gilakas'la! Spring has arrived. Kwaxanxa - time when things grow. We are welcoming the warmer weather with open arms. Ix'akan t'axux da t'isala - I like the sun!

In bakwamkala class we have been learning words for our family members and how to answer questions about who our parents and siblings are. We have also been learning about colours, body parts and sickness. I'm so proud of our students for their ability to remember and speak the language.



News from Lauren's Culture Class

Gilakasda'xw'la to all our Families and Ganganam:

I hope you all had a great spring break!

I want to express how proud I am of the ganganam for their great performance at the Ya'yuma. They put in a lot of practice and performed beautifully with grace and love for our Culture. Their beautiful spirits shined bright and I am still beaming with pride for them. I am proud of you!

This term we have been learning about art with Walter George, learning form lines, reading legends, and dancing. The grade 6/7 students are working on their tsep dfu kangextola and are doing well.

I continue to be proud of our Ganganam for their pride in who they are as Kwakwaka'wakw and their motivation to learn! Keep it up Ganganam!

Gilakasda'xw'la,
Gwanti'lakw



News from Heather's Physical Education Class

In the gym, we've been swinging into spring!

Literally *swinging*! ...on the ropes, from the pull-up bar, from the elevated ladder, anywhere we can find!

The gym is always an exciting and fun place to move around and have fun with friends! For the past few weeks we have had gymnastics equipment set up. We have challenged our balance, creative movement, agility, strength, and more.

Want to get a quick workout in with us after school?? Fit Nation with Stephanie Bernard happens every Tuesday at 4pm, for 30 minutes. Everyone welcome, please join us for a great workout!!



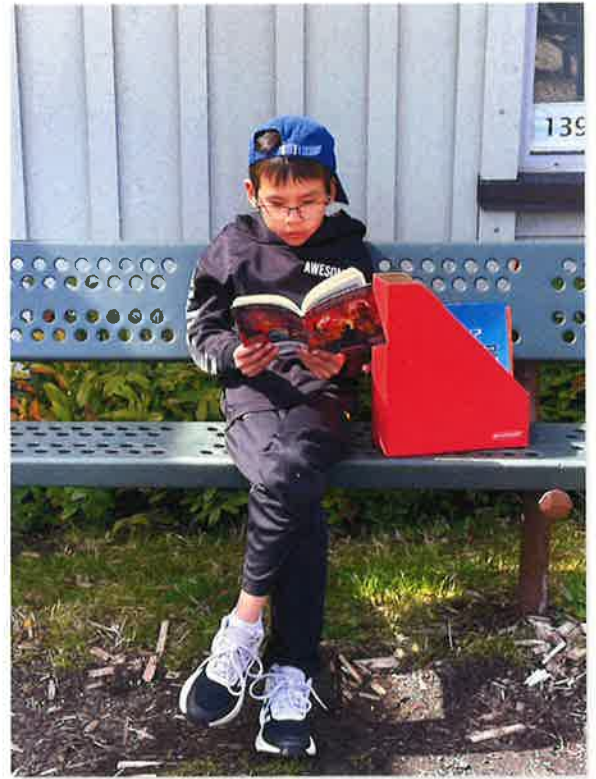
Birthdays in April



Happy April Birthday to Tris, Justice, Lennox, Skylar, Jared, Terry, Darryl, Michael, Paisley, and Mia



More April Fun



More Learning



Small hands change the world



♥ *Happy Earth Day!* ♥

Earth Day Activities



Gymnastics, planting seeds, drum making and Camp Homewood!



Gwa'sala-'Nakwaxda'xw School **LITERACY EVENING**

Thursday, May 4 (5:00 - 7:00 PM)

Premiere of A'yu'sala'mida Max'inuxw

Bakwamkala stories with Robin and Michelle

Reading under the stars with Jen

Puppet making with Leslee

Stories with Sheri-An and Melanie

Vancouver Regional Library

Literary Games with Jackie

Dinner
Provided

Door
Prizes

Free
books

****For GN Parents and Families****

pro-d day



NO CLASSES

Friday, May 5



MAY 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>Div. 1 & 2 Outdoor Learning 10:00</p> <p>Happy Birthday Hope Jack</p>	<p>2</p>	<p>3</p>	<p>4</p> <p>Div. 5 Marble River 9:00</p> <p>Literacy Evening 5:00 - 7:00 pm</p>	<p>5</p> <p>Pro-D Day No School For Students</p>	<p>6</p>
<p>7</p> <p>Happy Birthday Inez Gamble</p>	<p>8</p> <p>Div. 1 & 2 Outdoor Learning 10:00</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p> <p>Div. 6/7 Storey's Beach 1:00</p> <p>Happy Birthday Melina Henderson</p>	<p>13</p>
<p>14</p> <p>Happy Mother's Day</p>	<p>15</p> <p>Div. 1 & 2 Outdoor Learning 10:00</p> <p>Happy Birthday Teacher Michelle</p>	<p>16</p>	<p>17</p> <p>Happy Birthday Theo Gesinghaus</p>	<p>18</p>	<p>19</p> <p>Div. 6/7 Storey's Beach 1:00</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>No School</p> <p>WITTY Victoria DAY</p> <p>Happy Birthday Mr. Allen</p>	<p>23</p>	<p>24</p> <p>Div. 5 Public Works Tour 11:00</p>	<p>25</p> <p>Div. 5 Hike to Plane Crash 9:00</p> <p>Happy Birthday VP Karen</p>	<p>26</p> <p>School Spirit Team Jersey Day!</p> <p>Div. 6/7 Storey's Beach 1:00</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>Div. 1 & 2 Outdoor Learning 10:00</p> <p>Happy Birthday McKayla McLean Happy Birthday Tiffany</p>	<p>30</p>	<p>31</p> <p>Happy Hanuse Birthday Willis Hanuse and Elias Joseph</p>			<p>Div 1 Dianne Div 2 Nic Div 3 Leslee Div 4 Jen Div 5 Jackie Div 6 Melanie Div 7 Sheri An Div 8 Michelle</p>