

June Newsletter

Month at a Glance

June 3

*Kindergarten Orientation
*PAC Hot Lunch
Boston Pizza

June 4

Cupcake Sale sold by
Mrs. Malmberg &
Mrs. Adam's Classes

June 5

Grade 6 Transition Day to Middle
School

June 9

Intermediate Track & Field

June 10

KO Hot Lunch
Pizza Pizza

June 11

*Year-End Concert
Kindergarten & Grade 5/6
*Parent Appreciation Tea

June 12

Administration Day
No School

June 17

PAC Hot Lunch
Subway

June 18

Freezie Sale
Mrs. Holbrook & Mrs. G

June 19

Primary Mystery Tour

June 23

School-Wide Water Day

June 24

School-Wide Pancake Breakfast

June 25

Last Day of School
Early Dismissal at 11:00 am



Administrator's Message

Dear Families,

Here we are - the last month of school. Time flies when you're having fun. It has been a wonderful year of learning with your delightful children. They make this school a great place to be with their kind nature, curious minds and helpful hearts. As we enjoy this last month of school, I want to take this opportunity for supporting our school and helping your child be their best for each day of learning. Here are some highlights for the last month of school for you to take note of:

Cranbrook Track and Field

With this wet weather, we are postponing the Cranbrook Track and Field meet to next week, June 9th. Thank you to the parent volunteers who are coming to help supervise students and help with the timing of the track events. If you would like to help out, please contact the office.

Kindergarten Orientation

Wednesday (June 3rd) we will be welcoming in the Kindergartners of 2026-2027 to the school for their Kootenay Orchards Kindergarten Orientation #KOKO. If you know of anyone who is in our catchment area and hasn't yet registered, please have them contact the school ASAP so that they can be included in this day.

Parent Appreciation Tea / Band Concert

On June 11th, we will have a Parent Appreciation Tea in the library to say Thank You to our parents for the support throughout the year. We very much appreciate our volunteer readers, the hot lunches, the field trip / special event support and of course the participation in PAC. Grade 6 band students and the Kindergarten students will be performing a concert at 1:30. Please come early to get a spot.

Indigenous Celebration Day - June 17th

Please join the fun at Rotary Park for the Indigenous Celebration day at Rotary Park from 12:00 - 5:00 pm. There will be drumming, dancing, beading, pine needle weaving, traditional games and more!

Move-A-Thon

We are excited to be doing our part to help the City of Cranbrook win \$100,000 through the ParticipACTION contest to be named Canada's Most Active City! Throughout the month of June, we are encouraging students to stay as active as possible. Stay tuned for more information to come.

More fun..

There is much more in the works for June, keep up to date with your classroom teacher's communication for classroom happenings. From Water Day to field trips in the community to Elizabeth Lake, the gymnastics club, Rails to Trails, the Primary Mystery tour and more - this month is packed with fun and excitement. Don't forget the hats, water bottles, lunches and sunblock.

Have a great last month of school and an even better summer!
Carissa Hart

kùqukupku—The ripening of Strawberries

June



Mrs. Malmberg's & Mrs. Adams' classes are fundraising for a field trip to the Movie Theatre!!

Cupcake Sale

When: Thursday, June 4th

Time: 12:20 pm

Where: Primary Hallway

Cost: \$2.00 each



Thank you in advance for your support!!



Freezie Sale!!

Thursday, June 18th at Lunch

Cost: \$1.00

Beat the heat with
Mrs. Holbrook & Mrs. G with
an ice cold large Mr. Freeze!!



Students can hand in their money to their classroom
teacher from Monday, June 15th to
Wednesday, June 17th.



JUNE 2026



INDIGENOUS EDUCATION



Hello! Happy June!

Wow! I can't believe we are nearing the end of our school year together so soon!

I have enjoyed getting to know all of your amazing young people.

Watching them grow and learn in exponential ways all year!

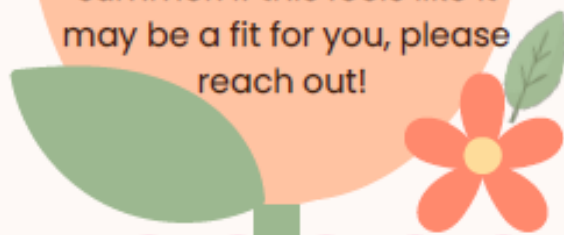
I look forward to seeing a bunch of smiling faces coming back in September, and wish our grade 6's

luck in their middle school adventures!



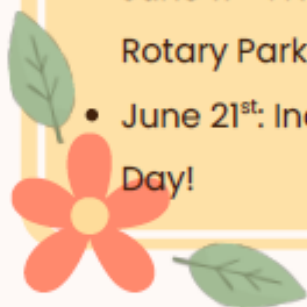
Year End Support

I know that the summer months can be a challenge for families. I wanted to reach out with a reminder that I am able to help with a variety of supports leading into summer. If this feels like it may be a fit for you, please reach out!



Upcoming Events

- June 5th: Grade 6 Transition day
- June 6th: Blue Jean Jacket Day for MMIMB
- June 12th : Metis Kitchen Party @ Wycliffe
- June 17th : NIPD Celebration @ Rotary Park
- June 21st: Indigenous Peoples' Day!



Contact Info

Email:
terrace.leduc@sd5.bc.ca

As always please reach out if you have any questions, concerns, or are needing support.





JUNE 2026



INDIGENOUS EDUCATION

2026 CULTURAL HARVESTING DAYS

JOIN US FOR OUR ANNUAL CULTURAL HARVESTING DAYS, WHERE WE GATHER ON THE LAND WITH ATUNAMA ELDERS AND KNOWLEDGE HOLDERS TO LEARN, SHARE, AND PRACTICE TRADITIONAL HARVESTING. THESE DAYS OFFER A CHANCE TO CONNECT WITH CULTURE, COMMUNITY, AND THE LAND.

MAY 13 9AM - 12PM	Root Digging Meet at Foundry East Kootenay, transportation will be coordinated. Lunch will be provided following return to FEK. All ages welcome!
JUNE 29 9AM START	?akimtiyukutapi-is (Prairie Sage) Meet at Foundry East Kootenay, transportation will be coordinated. Travel to Alberta required, this will be a full day trip. All ages welcome!
AUGUST 14 9AM START	hawiyat (Huckleberry) Meet at Foundry East Kootenay, transportation will be coordinated. Travel required through mountain roads, this will be a full day trip. All ages welcome!

Bring water, hats and sunscreen for all trips!

To register/learn more, please contact Smokil at:
Email: s.smokil@kmtunaxa.org | Call/Text: (250) 464-5021
Foundry East Kootenay Front Desk: (778) 517-8658




ROCKY MOUNTAIN METIS ASSOCIATION

PLEASE JOIN US AT WYCLIFFE REGIONAL PARK IN JUNE 12TH

WITH YOUR FAMILY AND OURS

Come join us for a fun day with your family

COME JOIN US FOR SOME FUN AT WYCLIFFE REGIONAL PARK LOCATED SITE 4 @ 1200 PERRY CREEK ROAD WYCLIFFE BC

There will be:

- Learn how to make Bannock on a stick.
- Métis traditional games.
- Horseshoes and Bocce
- And so much more

FRIDAY JUNE 12TH AT 5:00 PM

No need to register. Just pop on by and join in the fun

BBQ IN THE PARK
COME JOIN US FOR A FUN DAY AT WYCLIFFE PARK






NATIONAL INDIGENOUS PEOPLES DAY

Join us for our annual National Indigenous Peoples Day celebration.

We'll have drumming, dancing, beading, pine needle weaving, traditional games & more!

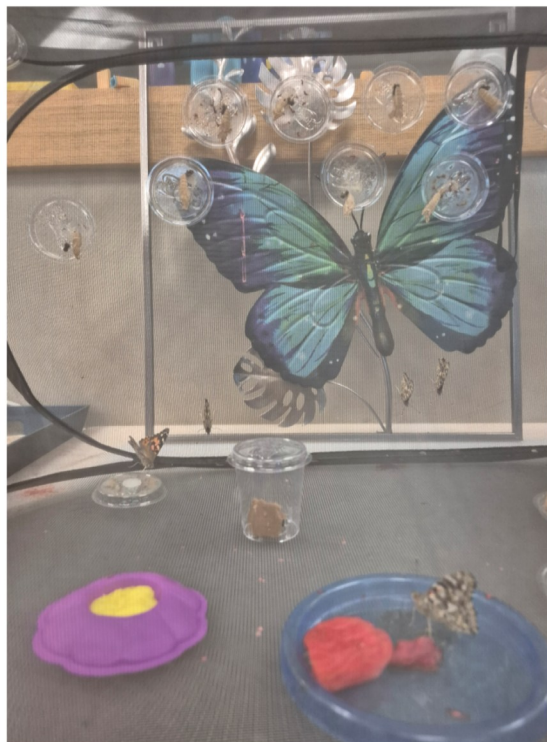
June 17th, 12:00 - 5:00 PM
Rotary Park, Cranbrook

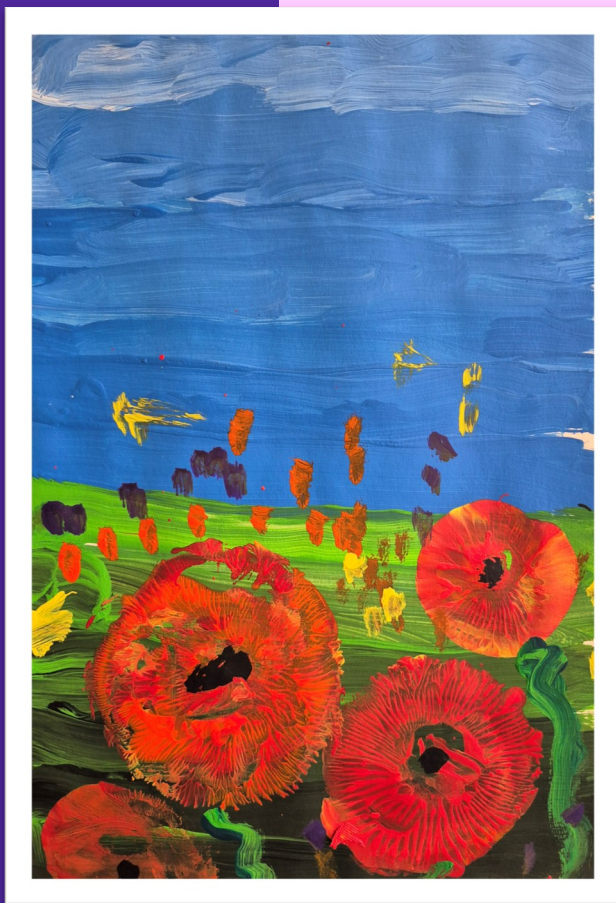
Bike to School Week—Bike Parade!



Mrs. Linardic's Class
All about butterflies!!

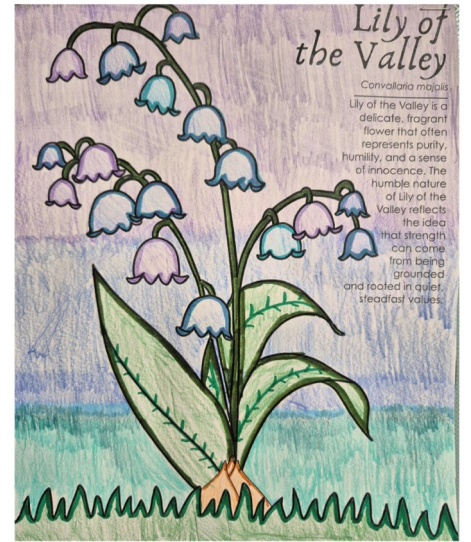
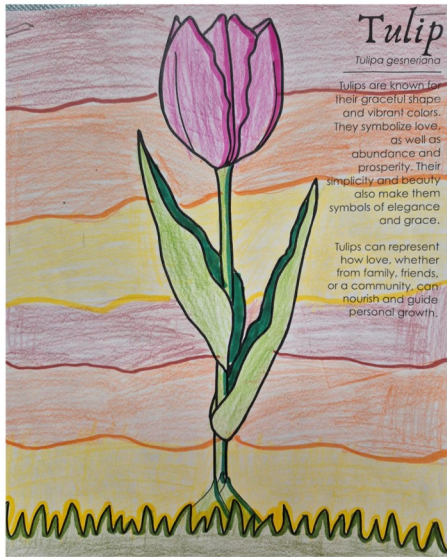


April Showers, May Flowers!!
Mrs. Malmberg's Class



Mrs. Reinarz's Class

All about spring flowers!!



Mrs. Halldorson's Grade 5/6 Class



Screen Use Among Students

Our children are growing up in an era where researchers are still learning about the long-term impacts of constant digital connection - particularly on brain development, emotional regulation and cognitive functioning.

Current research suggests there are correlations between increased screen time and decreased attention and focus, reduced vocabulary development, and decreased physical activity.

To better understand the importance of early brain architecture and how interactions like “serve and return” communication in the early years help build neural brain pathways that support vocabulary, language and reading - please [click here](#) to view a series of short videos from the Centre on the Developing Child at Harvard University.

An important question to consider when children are on their devices is:

What developmental experiences might children be missing when they are engaged with screens?

Stats from the Middle Years Development Index, February 2026 – KOES, Grade 5

TIME IN NATURE



HOW MANY DAYS DO YOU SPEND 30 MINUTES OR MORE IN NATURE IN A NORMAL WEEK?

31%

Never-1 day

34%

2-4 days/week

34%

5+ days/week

IN GENERAL, HOW WOULD YOU SAY YOUR MENTAL HEALTH IS?



44%

Excellent



38%

Good



9%

Fair



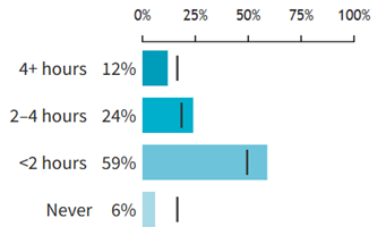
9%

Poor

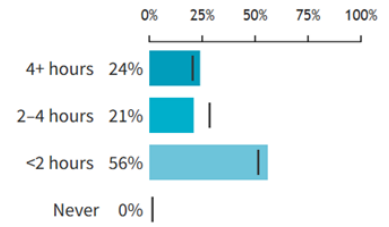
SCREEN TIME

Children were asked how many hours per day they spent doing activities on a screen in a normal week.

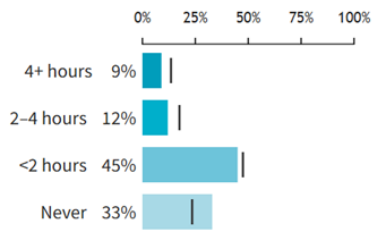
VIDEO OR COMPUTER GAMES



WATCH TV, NETFLIX, YOUTUBE OR SOMETHING ELSE

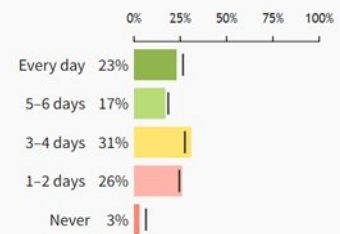


USE A PHONE OR INTERNET TO TEXT OR CHAT WITH FRIENDS



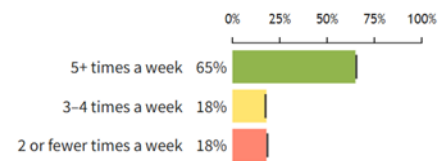
PHYSICAL ACTIVITY

Children are asked, "In a normal week, how many days are you physically active for a total of at least 60 mins or one hour per day?"



FREQUENCY OF GOOD SLEEP

Children are asked, "How often do you get a good night's sleep?"



Digital Devices in Schools

A reminder that during the school day, students are not permitted to use personal digital devices (e.g., cell phones, smartwatches, or smart glasses). We are seeing an increase in these devices at school, and students themselves report that they can be distracting and take away from being fully present in their learning and in their face-to-face social interactions.

There are some exceptions, including: teacher-approved learning activities (particularly in older grades), medical needs (such as checking insulin levels on a device), accessibility or IEP supports (e.g., speech-to-text)

Aside from these exceptions, the expectation at Kootenay Orchards Elementary is that any personal digital device brought to school remains in the student's backpack from the morning bell to the dismissal bell.

Students are welcome to use the school phone at appropriate times for communication with home. Parents are also welcome to call the office to leave messages for their child, or email koes.mailing@sd5.bc.ca.



Children's relationships

Screen use—by both children and adults—can interfere with the development of attachment between kids and their caregivers. Screens can distract adults, draw their attention away from children, and reduce the quality and amount of engagement and responsiveness that are the earliest foundations for attachment, trust, and self-regulation. Beginning in infancy, talking to children and responding to their vocalizations, (called serve-and-return interactions), are essential for children's brain development, as well as their acquisition of speech and language.^{2,12,16}



Children's desires, behaviors, and habits

The creation of digital content that manipulates human behaviors, neurological (brain) functioning, and beliefs is referred to as "persuasive design."

Apps and programming that use persuasive design to manipulate children's attention, attitudes, and desires threaten healthy development. They also undermine children's ability to entertain themselves by promoting dependency on external entertainment and stimulation. (Many creative ideas grow out of boredom!)

Researchers, educators, mental health professionals, and many in the technology sector are raising alarms about technologies that exploit children's developing brains for profit and that reinforce neural pathways associated with addiction.^{6,11}



Children's eyesight, speech, sleep, and physical activity

Children are spending more and more time with screen media—at home, in care settings, and in classrooms. All that time adds up fast and takes away from activities that promote healthy development such as movement, play, exploration, and social interactions.

More time on screens (and less time outdoors) has been linked to greater risk for nearsightedness and other eye ailments. The blue light emitted from screens interferes with children's sleep, which contributes to behavioral problems, anxiety issues, academic struggles, and a wide range of health issues. Early smartphone and tablet use is associated with speech delays. Children who spend more time with screens are more likely to be sedentary and are at heightened risk for obesity.^{2,6,7,8,13,14,15,17,18}

Scan or
[click](#) for
full Screen
Aware Kit!



Scan or [click](#) for
research references
and recommended
reading!



Celebrate the Ktunaxa Language!!

Scan the QR codes below with your phone's camera to hear the word in Ktuanxa.



ʔa·q̓uku

Strawberry



natanik̓

Sun



yuwat̓

Bee



ʔaqsuk̓ut

To be summer



We would like to acknowledge that we learn, play and work on the Homelands of the Ktunaxa people.