



Highlands Elementary

April - kákkmi

We acknowledge that we all live, study, work and play on the unceded territory of the Ktunaxa People.

Upcoming Events

April 4	No School
April 10	PAC Meeting 7pm in Library
April 11	Learning Updates sent home
April 17	Science Fair 9:30-12:00 and 1:00-2:30 in Gym
April 18	No School
April 21	No School
April 28	No School

KINDERGARTEN REGISTRATION

We are currently accepting kindergarten registrations for children born in 2020 and turning 5 in 2025. More information can be found on the school district's webpage at www.sd5.bc.ca

School Messenger

If your child is going to be absent from school please use the School Messenger App or phone the school at (250) 489-4391 and leave a message with your child's first and last name. If your child is late please get them to check into the office before heading to class. Thank you.



Messages From Staff

Dear Parents and Guardians,

I am honoured and excited to introduce myself as the new principal of Highlands Elementary School. I was born and raised here in Cranbrook and it is a privilege to join this wonderful school community. I look forward to working together to support our students' growth and success alongside a wonderful and experienced team of teachers and support staff. My background in education spans 18 years, during which I have been dedicated to fostering a positive, engaging, and nurturing learning environment. I have spent much of my career teaching at TM Roberts Elementary School in French Immersion and six years at Jaffray Elementary Junior Secondary School teaching intermediate and middle school grades as the Vice Principal. I have nine years of Vice Principal experience and one year as Acting Principal at TM Roberts. I believe that strong partnerships between families and schools are essential in helping students reach their full potential. I am committed to providing a safe, welcoming, and enriching experience for every child.

As I begin my new journey at Highlands, I encourage open communication and collaboration to ensure the best outcomes for our students. I welcome and appreciate your feedback, ideas, and involvement in our school activities and events.

I am eager to meet each of you and to get to know your children as we embark on this journey together. Please feel free to reach out to me with any questions or concerns. I look forward to a fantastic end to the year and years ahead, filled with learning, growth, and success for all.

Warm regards,

Carlene Lochrie

Principal, Highlands Elementary School
Carlene.Lochrie@sd5.bc.ca



LET YOUR KIDS HELP WITH SPRING CLEANING (and other chores)

We get it: It's often easier to take out the trash yourself than to get your kid to do it.

Getting your kids to complete regular chores and tasks often feels like a chore in itself. But the weekly chores your kids do around the house can affect their future...and letting your kids take the easy road now will make it harder for them later.

It turns out that raising kids who grow up to be helpful, responsible, and community-minded starts with assigning them age-appropriate household chores in their early years. (Not sure which chores are age-appropriate? [CLICK FOR A FREE RESOURCE!](#))

A Wall Street Journal [study](#) found that doing chores as a child is a strong predictor of whether someone will choose to volunteer or give back as an adult. Similarly, a [study](#) from the University of Mississippi found that kids who start helping around the house as toddlers tend to be more successful in their 20s. Why? Because those small tasks teach big lessons—like responsibility, teamwork, empathy, and independence.

So, it's not just about getting your kids to do their chores.

It's about training them to help others and look for opportunities to contribute.

It's about using your home as a place to teach your kids the power of initiative.

It's about helping kids move toward building their own families and developing positive personal habits

Initiative will be an important part of your kid's success, and that can start at home. So the next time your little one grumbles about setting the table, remember: you're not just assigning a chore, you're shaping their future.

Natasha Ewaskow
Youth Care Worker
Highlands Elementary School

Parenting When Anxiety Shows Up As Anger

April 3-22, 2025 6:30pm – 8:00pm

Anxiety in our kids can show up as anger, and that can make parenting extra challenging. Discover some strategies that can help us before, during, and after these hard moments.

Learn from Karen Peters, Registered Clinical Counsellor.

Join us to watch a video presentation together and stay for a facilitated conversation by our Family Peer Support Workers.

There are sessions available for multiple dates for the Parenting When Anxiety Shows Up As Anger Connect + Learn:

April 3, 2025 - 6:30pm-8:00pm PDT (BC)

April 8, 2025 - 6:30pm-8:00pm PDT (BC)

April 9, 2025 - 12:00pm-1:30pm PDT (BC)

April 16, 2025 - 6:30pm-8:00pm PDT (BC)

April 22, 2025 - 6:30pm-8:00pm PDT (BC)

Kathleen Boyle (She/Her)

B.ED, MACP, PgCERT Special Ed

Mon, Tue, Thurs, Fri -Highlands (250) 489-4931

Elementary School Counsellor

School District 5

HES is now fundraising with Tru Earth!

Tru Earth is an eco-friendly laundry detergent that comes in strip format is made in Canada. Their laundry eco-strips are hypoallergenic, paraben-free, phosphate-free, biodegradable and vegan.

Tru Earth also sells household cleaning products, dishwasher tablets, dryer balls and more! Shipping is free on orders of \$50 or more! Consider completing your order with a family friend to access free shipping together. Follow this specific link to order from Tru Earth. You'll be helping the environment and supporting HES at the same time! <https://tru-earth.sjv.io/highlands>





YOU'RE INVITED TO:



READY, SET, LEARN CRANBROOK



INTENDED FOR FAMILIES AND THEIR CHILDREN,
BIRTH TO FIVE-YEARS-OLD. THIS EVENT PROVIDES A FUN,
FAMILY-ORIENTED ATMOSPHERE WITH THE INTENT OF
SUPPORTING CHILDREN'S TRANSITIONS INTO SCHOOL.

TAKE PART IN PLAY-BASED ACTIVITIES WHILE LEARNING
ABOUT THE PROGRAMS AND SERVICES OFFERED BY
YOUR LOCAL EARLY LEARNING PARTNERS,
ELEMENTARY SCHOOLS, AND OUR COMMUNITY.

IT IS A GREAT OPPORTUNITY TO
MAKE CONNECTIONS AND HAVE SOME FUN!

There will be music, treats, bubble machine,
activity stations, and more!

WHERE: Rotary Park (134 - 10th Avenue S.)

DATE: Thursday, May 15

TIME: 10:00 - 11:30am

**REGISTER WITH YOUR CATCHMENT SCHOOL
AND RECEIVE A CHILDS GIFT BAG WHEN YOU ATTEND.**



SCHOOL BUS ON SITE!





Have you joined the Highlands PAC Facebook page? Scan the QR Code or search Highlands Elementary PAC Cranbrook BC to stay updated on all PAC upcoming events and business.



School supplies fees are no longer available for payment on the Highlands Hot Lunch webpage. All outstanding fees can now be paid at the school office. If you need financial assistance to help cover costs please do not hesitate to reach out to the school.



If you would like to volunteer for Hot Lunch days, please come to the kitchen for 11:00 am.

Hot Lunch Dates

April 10 - Taco Time
April 17 - Boston Pizza
April 24 - McDonald's
May 1 - Subway

Deadline to order for hot lunch is midnight on the Sunday night prior to the hot lunch day

All orders can be placed at highlands.hotlunches.net
Our school code is "HIGH"



HIGHLANDS ELEMENTARY
SCHOOL PAC

USED BOOKS FAIR

PAC is still collecting used books. Please place your book donation in the decorated boxes outside the main office or the library. For any questions please contact Connie at connie.swarbrick@gmail.com

Next PAC meeting is April 10 at 7pm
in the Library.

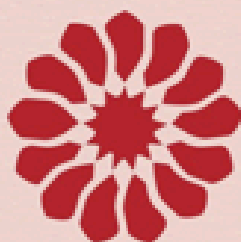
RIBBON SKIRTS FOR MMIP



RAISE AWARENESS OF
MISSING,
MURDERED
INDIGENOUS
PEOPLE

APRIL 30TH
1-4PM AND
6-9PM

AT THE
LANGUAGE & CULTURE
CENTRE



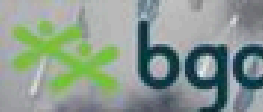
FOR MORE INFO:
[CWILLIAMS@AQAM.NET](mailto:cwilliams@aqam.net)





SCAN HERE
TO REGISTER

April



Cranbrook
Youth Impact

OPEN FOR ALL
YOUTH
GRADES 6-12

REGISTRATION
OPENS AT
8PM ON...

MARCH 21

MONDAY
31

DUNGEONS AND DRAGONS
ON ZOOM
CAMPAIGN 1
3:45-5:45
CAMPAIGN 2
6:00-8:00

TUESDAY
1

YOUTH IMPACT
CHILL ZONE
MEET @ YOUTH IMPACT
3:30-5:00



WEDNESDAY
2

BOOK CLUB:
-SUNRISE ON THE
REAPING
-RECKLESS
MEET @ CRANBROOK LIBRARY
3:30-5:00

THURSDAY
3

MAY PLANNING DAY
MEET @ YOUTH IMPACT
3:30-5:00

MARCH 28

MONDAY
7

DUNGEONS AND DRAGONS
ON ZOOM
CAMPAIGN 1
3:45-5:45
CAMPAIGN 2
6:00-8:00

TUESDAY
8

YOUTH IMPACT
CHILL ZONE
MEET @ YOUTH IMPACT
3:30-5:00



WEDNESDAY
9

BEADING & TUNES
@ YOUTH IMPACT
3:30-5:00

THURSDAY
10

BUILD A BUSINESS
TEAM MEETING
MEET @ MCDONALDS
3:30-5:00

APRIL 4

MONDAY
14

DUNGEONS AND DRAGONS
ON ZOOM
CAMPAIGN 1
3:45-5:45
CAMPAIGN 2
6:00-8:00

TUESDAY
15

YOUTH IMPACT
CHILL ZONE
MEET @ YOUTH IMPACT
3:30-5:00



WEDNESDAY
16

BOOK CLUB:
-SUNRISE ON THE
REAPING
-RECKLESS
MEET @ CRANBROOK LIBRARY
3:30-5:00

THURSDAY
17

BUILD A BUSINESS
TEAM MEETING
MEET @ YOUTH IMPACT
3:30-5:00

APRIL 11



CLOSED

MONDAY
21

TUESDAY
22

YOUTH IMPACT
CHILL ZONE
MEET @ YOUTH IMPACT
3:30-5:00



WEDNESDAY
23

CANDLE WAX PAINTING
& TUNES
@ YOUTH IMPACT
3:30-5:00

THURSDAY
24

BUILD A BUSINESS
TEAM MEETING
MEET @ WENDY'S
3:30-5:00

APRIL 18

CLOSED FOR
BASIN YOUTH NETWORK
ADVISORY COUNCIL
MEETING

MONDAY
28

TUESDAY
29

YOUTH IMPACT
CHILL ZONE
MEET @ YOUTH IMPACT
3:30-5:00



WEDNESDAY
30

BOOK CLUB:
-SUNRISE ON THE
REAPING
-RECKLESS
MEET @ CRANBROOK LIBRARY
3:30-5:00



THURSDAY
1

BUILD A BUSINESS
TEAM MEETING
MEET @ YOUTH IMPACT
3:30-5:00

120 7TH AVE S
(250)-919-3596

YI@BCCCRANBROOK.CA