

Panther Newsletter

February 2025

PRINCIPAL'S MESSAGE

Ki?su?k kyukyit! Bonjour! Hello Panther families!

We are so grateful for the wonderful performances and big support at our Feel Good February Fine Arts Festival evening this past week! The variety of songs, rockstar attire and incredible smiles on students and spectators alike made it an EIDES community event to remember with almost 2,000 people in attendance.

Thanks to Ms. Pace for the amazing coordination as well as to all teachers who contributed to practices, beautiful artwork and volunteering on concert night. We also appreciate the generosity of donations to support the Grade 6 fundraisers for buskers and hot chocolate adding approximately \$1950 to their efforts.

As we enter into March and the last few weeks of Term 2, we'd like to acknowledge all the volunteers and coordinators' efforts for the field trips to skate for grades K-3 and for skiing and snowboarding for grades 4-6.

Also a big thank you goes out to our grade 6 basketball coaches as the teams prepare for the Elk Valley Elementary Basketball Tournament March 13th in Sparwood! Keep your eyes open for an afternoon Pep Rally for the teams to show our Panther Spirit for these athletes as well as our Term End Assembly taking place on Friday March 14th.

Make sure to check the upcoming dates of other events as it's truly amazing to see all the activities and learning that are packed into these weeks!

Thank you, merci beaucoup and suki?ukni,
Janet Kuijt & Amy Leeden
EIDES Admin Team

UPCOMING DATES

- February 27th - Griz School Visit
- February 28th - No School Friday
- March 10th & 11th - Pizza Days
- March 10th - Gr 4-6 Dufflebag Theatre
"The Three Muskateers"
- March 12th - Gr 6 Girls & Boys Basketball
Teams Pep Rally
- March 13th - Gr 6 Elk Valley Basketball
Tournament - Frank J. Mitchell
Elementary School
- March 14th - End of Term 2 Assemblies
 - 9:15 am - Sun & River Pods
 - 11:00 am - Mountain & Moon Pods
- March 14th - Learning Updates go home
- March 17th - 28th - Spring Break

school

BREAK TIME

March 17 - 28, 2025



So **GRATEFUL** for Feel Good
February Fine Arts Festival!
Thanks for **ROCKIN'** it everyone!!



PIZZA FUNDRAISER

March 10th & 11th

Our Grade 6 students are looking forward to their year end Blue Lake trip. As a fundraiser for this opportunity we will be having pizza days in March.

We will continue to use the online platform Munch A Lunch so that people can pay and order online www.munchalunch.com

PIZZA DAYS

Grades 3 - 6 (classes in the new addition and portables) - Monday, March 10th

Grades K - 3 (classes that are in the main building) - Tuesday, March 11th

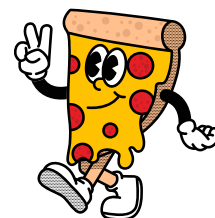
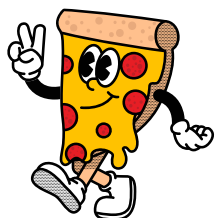
****Please make sure to order on only the one eligible day for your child****

ALL ORDERS & PAYMENTS ARE DUE BY TUESDAY, MARCH 4TH

\$3.50 per slice

www.munchalunch.com

Students may also come to the office to request a paper order form if you would prefer to pay by cash.



KINDERGARTEN REGISTRATION

École Isabella Dicken Elementary School provides all students with a warm and caring learning environment. We offer our kindergarten students a developmentally appropriate program along with access to a Fine Arts program, computer technology & librarian time, student services support, and, if parents choose, French Immersion. Learning taken outdoors every week along with PE specialist gym time and daily learning through play and structured lesson programming.

Registration Links:

- [Online Portal Kindergarten Registration](#)
- [Online Registration Information](#)
- [Registration Form](#) (for parents not wishing to complete online portal registration)



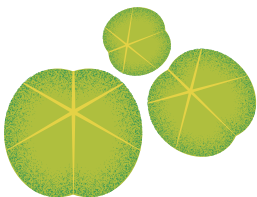
Grade 6 Drama students have been practicing
weekly for the spring play!
The production for this year is...


“Get out of My Swamp”

**Save
The
Date**



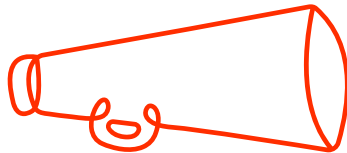
**Performances will be on
May 13th & May 14th**





Basketball has been in full swing and it is great to see the athletes and coaches each morning and after school for their practices.
Great dedication!

GO TEAM!



GO FOR IT!

Floor Hockey Intramurals wrapped up on February 20th! Thanks to all the students that participated and congratulations to the winning teams:

Grade 5 & 6 - Yellow Team

Grade 3 & 4 - Green Team



2025 SPRING SOCCER REGISTRATION



IS NOW OPEN

REGISTER UNTIL MARCH 15/25

LATE REGISTRATION MARCH 16-APRIL 6/25

- U4 Sat 10:15-11 am
- U6 Sat 10-11:00am
- U8 Mon & Wed
5:30-6:30pm
- U8 Tues & Thurs
5:30-6:30pm
- U8-GIRLS only Tues
& Thurs 5:30-6:30pm
- U10 Tues & Thurs
5:30-6:30pm
- U12 Mon & Wed
6:30-7:30pm
- U14/U16 RML Tues &
Thurs 6:30-7:30pm
- U18 - TBD



Ferne youth soccer



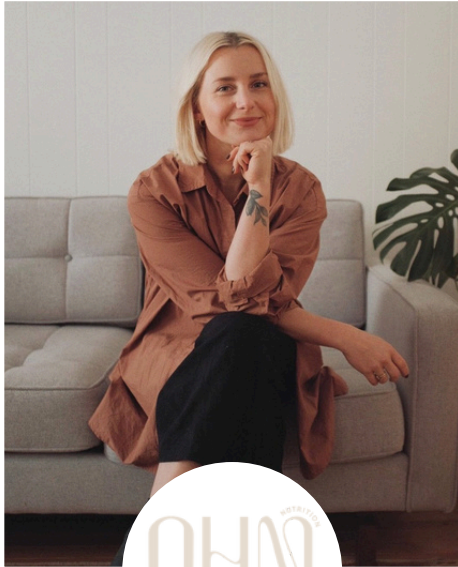
@Ferneyouthsoccer

More info email
ferniesoccer@gmail.com

WORKSHOP:

Nutrition & Mental Health

A PARENT'S GUIDE TO MEALTIME DYNAMICS



Samara Ohm

Registered Dietician, MSc

Wednesday
March 5th
5:30 – 7:00pm
EIDES

\$5⁰⁰



Dayna Haig-Conway

Registered Clinical Counsellor, MA,
Certified K-12 Educator,

Join us for an interactive workshop exploring the
connection between nutrition and mental health.

Learn how mealtime stress impacts children and gain practical tools to
create a positive, balanced eating environment for your family.

To register, please email info@campmentalhealth.com

- Understanding your own relationship with food & mealtimes
- How stress affects digestion & appetite (gut-brain axis)
- Fostering connection, autonomy, and purpose around food
- Identifying & addressing unhelpful mealtime behaviors
- Practical strategies for positive food discussions with kids

This session is interactive, with opportunities for questions and real-life examples.

Submit your questions in advance so we can get you the information you need!

You can Direct Message us on Instagram: [@ohmnutritionfernier](https://www.instagram.com/ohmnutritionfernier) OR [@campformentalhealth](https://www.instagram.com/campformentalhealth)



Government
of Canada

Gouvernement
du Canada

Canada



Public Safety Canada presents

Understanding and Guiding Youth in Gaming, by GamerSafer

Public Safety Canada is hosting a series of webinars to raise awareness and promote knowledge sharing about the crime of online child sexual exploitation (OCSE) amongst partners and stakeholders across Canada.

March 5, 2025 | 1:30pm - 3:00pm EST | Via Zoom

Targeted participants: Parents, caregivers, educators and civil society organizations.

[CLICK HERE TO REGISTER](#)

The presentation includes:

•Why Youth Love Online Games & Tips to Engage Positively

- o What makes gaming so engaging for children and teens?
- o The social, educational, and emotional benefits of gaming
- o Strategies for parents, caregivers and educators to connect with youth through gaming

•Online Gaming Worlds: Risks, Myths, Warning Signs

- o Gaming dynamics, features and common misconceptions
- o Identifying warning signs of OCSE
- o How online predators operate in gaming spaces: tactics and red flags

•Facilitating Safer Gaming Experiences: Tools & Strategies

- o The 4 C's of Online Safety (Content, Contact, Conduct, Contract)
- o Steps to safeguard children from sexual exploitation and abuse
- o Parental controls and other tools available: benefits and challenges
- o Encouraging responsible gaming habits and digital citizenship

•Taking Action: Responding to Online Child Sexual Exploitation

- o How to report suspicious activities and seek support
- o Key resources for parents, caregivers, educators, and communities

•Q&A : Ask the Experts

Please email contact@gamersafer.com if you have any questions about registration.



HOMESTAYS NEEDED

Host parents receive monthly compensation and build global connections and lifelong friendships. Want to learn more about hosting an international student in the 2025-26 school year?

ATTEND AN INFO SESSION FOR PROSPECTIVE HOST PARENTS:



VIRTUAL VIA ZOOM:
WEDNESDAY, MARCH 5
6:30 – 7:30 PM

TO REGISTER FOR THE ZOOM MEETING, SCAN THE QR CODE OR EMAIL ULLI.MURTAGH@SD6.BC.CA

RMISP welcomes students in grades 8-12 from Germany, Spain, France, Switzerland, Denmark, Brazil, Mexico, New Zealand, Australia, Japan and other countries around the world!



250-432-5904
ulli.murtagh@sd6.bc.ca
rminternational.ca/homestay



**Sunday, March 9th
@ 2:00 am**

Advice for Students

Pay attention in class.

If you do this, you won't need to spend so much time studying because you would have already understood most of the concepts taught in class.

If you have trouble paying attention, it is recommend that you improve your focus gradually. For example, you could start by setting a timer for 10 minutes, as a reminder that you'll pay attention for just 10 minutes.

After the 10 minutes are up, you can allow yourself to be distracted for a minute or two before you start another 10-minute "focus session".

Every day, increase the length of the "focus session" by one minute.



Come Cook with Me

A FREE cooking program for families.

Join us on Zoom from your kitchen to cook, bake, learn and share while making healthy, budget-friendly meals.

All ingredients and recipes will be provided and picked up from the CBAL Office.

*Registration is required.

When: Wednesdays, Feb 12 – Mar 19 • 4:30 p.m. – 6:00 p.m. (on Zoom)

To register or learn more, contact:

Alison Facey
Community Literacy Outreach Coordinator

afacey@cbal.org
phone or text 250-420-7596
cbal.org



Decoda
Literacy Solutions

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