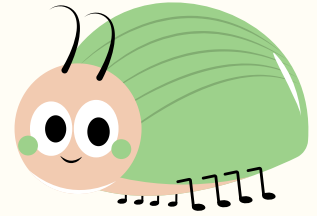


NEWSLETTER

MARCH 2024



Principal's Message

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

Wishing you a healthy, safe and wonderful Spring Break!

We saw some great basketball and spectator Panther spirit at our Pep Rallies today for the Grade 6 basketball teams. Let's all cheer for them tomorrow at the Elk Valley Basketball Tournament in Sparwood!

We look forward to seeing you for Term 3 on **Monday March 31st, 2025.**

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



Parent/Teacher/Student Led Conferences

April 22 – 25, 2025 from 2:00 – 3:00 pm.

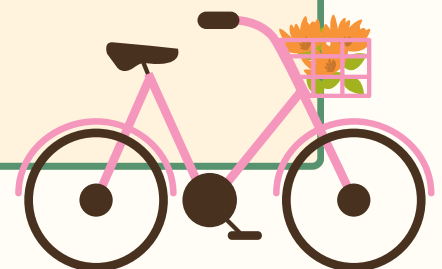
Classroom Teachers will be in touch with exact date and more details.

SPRING BREAK

**March 17 – 28, 2025
Back in session on
March 31st**

UPCOMING REMINDERS

- March 13th - Elk Valley G6 Basketball Tournament
- March 14th - Spirit Day - Go Green!
- March 31st - Back to School!



Elk Valley Elementary School Basketball Tournament 2025 Thursday, March 14th

Boys' Schedule

Boys @ SSS

RMES vs EIDES 8:30 AM

FJMES vs JES 9:45 AM

RMES vs JES 11:00 AM

EIDES vs FJMES 12:30 PM

JES vs EIDES 1:45 PM

FJMES vs RMES 3:00 PM



Girls' Schedule

Girls @ FJMES

RMES vs EIDES 8:30 AM

EIDES vs JES 9:45 AM

JES vs FJMES 11:00 AM

FJMES vs EIDES 12:30 PM

RMES vs JES 1:45 PM

FJMES vs RMES 3:00 PM

Bus departs EIDES at 7:30 am



LET'S
GO!

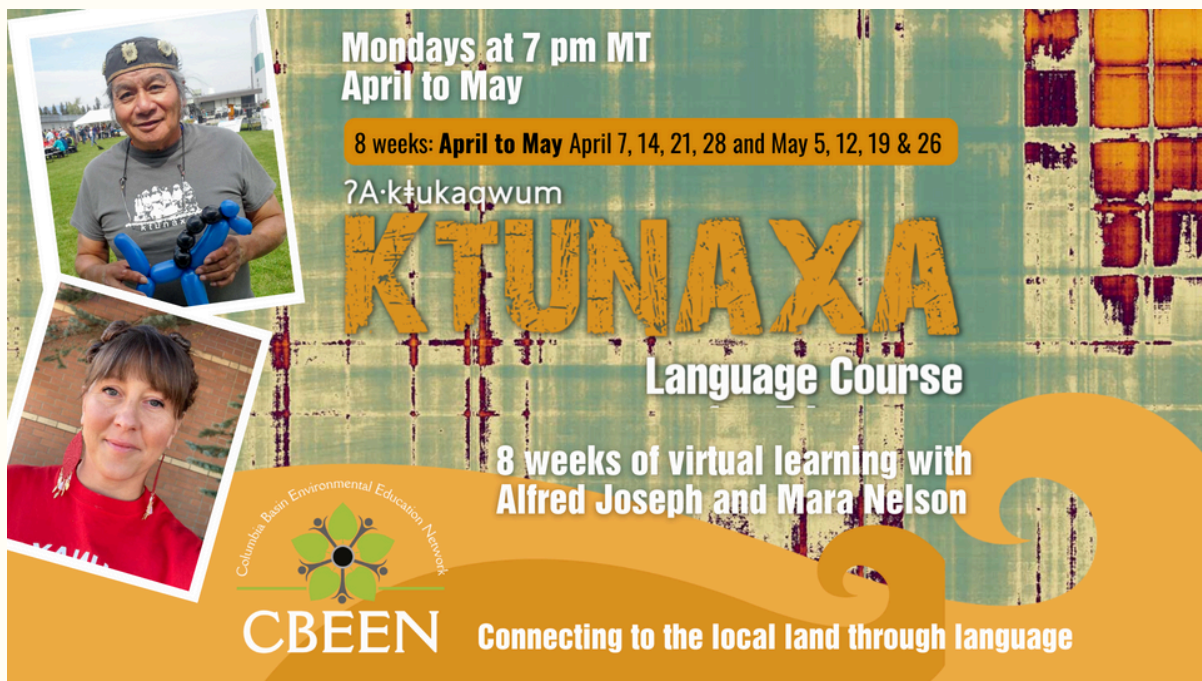


FUN MATH GAMES!

Good practice for addition
and subtraction facts.



Two very special Ktunaxa & Métis learning opportunities that are open to **EVERYONE**:



**Mondays at 7 pm MT
April to May**

8 weeks: **April to May** April 7, 14, 21, 28 and May 5, 12, 19 & 26

ʔA·k̓uk̓aqwum

KTUNAXA

Language Course

8 weeks of virtual learning with
Alfred Joseph and Mara Nelson

Columbia Basin Environmental Education Network

CBEEN Connecting to the local land through language

Ktunaxa Introductory Language Online Course with Elder Alfred Joseph, supported by Ktunaxa educator, Mara Nelson. We also now offer a number of Ktunaxa learning resources:

<https://cbeen.ca/ktunaxa-resources/>



**INTRODUCTORY
MICHIF
LANGUAGE COURSE**

Southern Michif Language

6 WEEKS ON ZOOM
MONDAYS AT 6PM PACIFIC TIME
April 28, May 5, 12, 26, June 2, 9
90 MINUTES

Registration
Now Open!

OUTDOOR LEARNING
SCHOOL & STORE

REGISTER
[OUTDOORLEARNING.COM/COURSES](https://outdoorlearning.com/courses)

Marie Schoenthal

Amy Cross

Michif (Métis) Introductory Language Online Course with Elders Marie Schoenthal & Harriet Oaks St. Pierre supported by Métis educator, Amy Cross. We also offer a number of Métis learning resources: <https://outdoorlearning.com/metis/>

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, and student services support. Learning is taken outdoors every week along with PE specialist gym time and daily learning through play as well as structured literacy and numeracy lesson programming.

Registration Links:

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



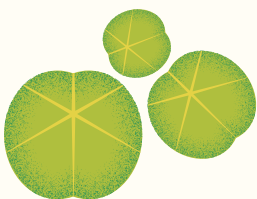
Grade 6 Drama students have been practicing
weekly for the spring play!
The production for this year is...

“Get out of My Swamp”

Save
The
Date



Performances will be on
May 13th & May 14th





presents visiting author **GREG SCOTT**

A 15 year father and son cycling adventure

7131 Kilometres

478 Ounces of trail mix with chocolate chips

27 foot tides

15 years

13 flat tires

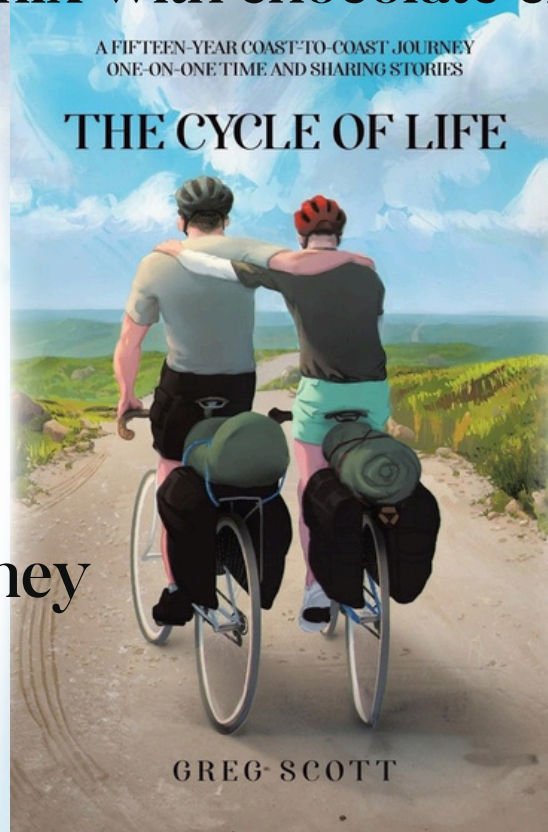
10 provinces

8 bikes

3 bears

2 best buddies

1 unforgettable journey



Supporting youth & adult/mentor partnerships



learn about the Youth Bursaries Program

Inspiring youth to make a difference in their community

WEDNESDAY, MARCH 26, 7-8:30 PM

Polar Peek Books & Treasures

592 2nd Avenue, Fernie, BC

Books will be available to purchase

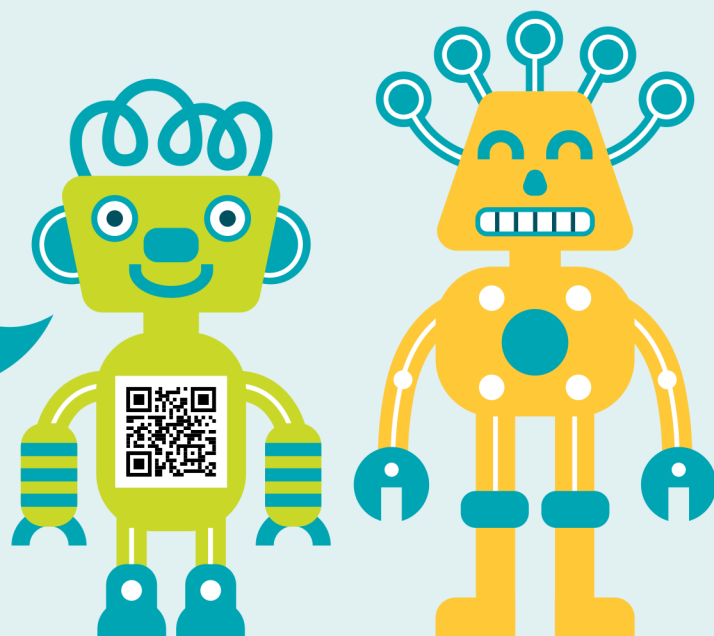
STEAM

Camp de Robotique Lego en Français

5-Day Camp | \$300 | 24-28 March

Explorez le monde fantastique de « Lego Mindstorms » en créant et en codant votre chemin à travers des défis amusants et des aventures robotiques ! Apprenez comment les senseurs et les moteurs interagissent et travaillent ensemble dans cette introduction à la robotique. Les valeurs fondamentales du programme sont le Travail d'Équipe, l'Inclusion, l'Incidence, le Fun, la Découverte et l'Innovation.

Scan the QR code to learn more about STEAM camps and register for a camp.





FREE EVENTS FOR WOMEN & GIRLS TO TRY HOCKEY



QR code for
online registration



DATE: April 5 TIME: 9:30-11:30am

LOCATION: Sparwood Rec Centre

CONTACT: Stephanie Doratty registrar@evmha.ca



HockeyCanada.ca/EssoFunDay



Health Tips for Happy Teeth

Ages 3+

Oral care can be a fun part of your daily routine! Help your child to develop strong oral hygiene habits by brushing, flossing and visiting the dentist together.



Brush twice a day for 2 minutes using a pea-sized amount of fluoridated toothpaste.



Clean between the teeth daily using floss, or an interdental brush.



Visit a dentist to receive regular check-ups.

Why is fluoride toothpaste important?

Fluoride helps decrease the risk of developing cavities by strengthening teeth. Always supervise the amount of toothpaste used.

Did you know?

Children need help cleaning their teeth until their fine motor skills develop, usually around age 8.

What about power toothbrushes?

Power brushes provide great cleaning action when placed correctly on each tooth.



823800 Dec 6-24

Do you know when to replace a toothbrush?

- Every 3-4 months
- When bristles are frayed
- After being sick

Did you know snack choices matter?

Cavities are not just caused from candy!

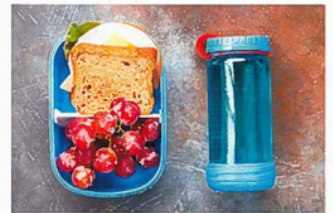
Stickiness

Starchy and sugary snacks such as crackers, chips, granola bars, as well as juice and pop form a sticky build up on teeth, known as plaque.

Plaque is acidic and attacks tooth enamel, increasing the risk of cavities.

Frequency

To cut down acid attacks on teeth, limit the number of snacks eaten daily and make water the drink of choice for thirst.

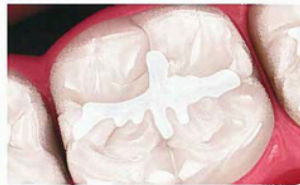


Choose tooth friendly snacks and offer water throughout the day.



Does your child need orthodontic treatment?

A dentist can check your child's teeth position, bite and jaws. They will advise if early orthodontic treatment is recommended.



Why are sealants recommended?

Sealants can help protect teeth. Molars can have deep grooves on chewing surfaces where food and bacteria can hide, increasing the risk for cavities.

Sealants are a thin coating painted on the grooves of the teeth making the surfaces smooth and easy to clean.



Dental Coverage Programs



Dental Emergencies



Dental Resources for Children and Youth (ages 5-18)

HealthLinkBC Hand Foot and Mouth Disease

What is hand, foot and mouth disease?

Hand, foot and mouth disease is caused by enteroviruses. It's most common in children under 10 years of age, but older children and adults may also get the disease.

How is it spread?	<p>Hand, foot and mouth disease is spread by:</p> <ul style="list-style-type: none"> ➤ Breathing in air contaminated with the virus after an infected person has coughed or sneezed ➤ Touching the nose and throat secretions of an infected person and then touching your own eyes, nose or mouth ➤ Touching an infected child's stool (e.g., when changing a diaper or assisting a child with toileting) ➤ Touching objects contaminated with the virus. <p>Hand, foot and mouth disease spreads very easily in child care centres and places where children are close together.</p>
Incubation period	Usually 3–6 days following contact with an infected person.
When is the person contagious?	Usually for the first week of the illness. However, the virus can remain in the body for weeks after the start of the illness.
How to prevent the spread of the illness to other children	<p>A child with hand, foot and mouth disease may go to school or a child care centre if they feel well enough to attend.</p> <p>Carefully dispose of (or clean, if applicable) articles soiled by discharge from an infected child's nose, throat or stool.</p>



REMINDER! Last day to pick up items from our Lost & Found is
FRIDAY, MARCH 14th



School District No. 5 (Southeast Kootenay)

2025-2026 Annual School Calendar

July 2025						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August 2025						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September 2025						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2025						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2025						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 2025						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2026						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2026						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2026						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2026						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2026						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2026						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



School Breaks



Stat Holidays



Professional Development Day



Administrative Day

From the School Act, sections 87.01 and 87.02 and the new
School Calendar Regulation

Days in Session	180
Days of Instruction	173
School Breaks	68
Non-Instructional Professional Development	6
Administrative Day	1
Weekend	104
Stat Holidays	13
First Day of School	September 2, 2025
National Day for Truth and Reconciliation	September 30, 2025
Thanksgiving Day	October 13, 2025
Remembrance Day	November 11, 2025
Christmas vacation period	December 23, 2025 - January 3, 2026
Schools reopen after Christmas vacation	January 5, 2026
First day of second semester	January 27, 2026
Family Day	February 16, 2026
Spring vacation period	March 16-27, 2026
Schools reopen after spring vacation	March 30, 2026
Good Friday	April 3, 2026
Easter Monday	April 6, 2026
Victoria Day	May 18, 2026
Last day of school for students	June 25, 2026
Administrative Day	June 26, 2026

Approved by Ministry of Education and Child Care
March 7, 2025