



Highlands Elementary

March - ʔíkuq

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

Upcoming Events

Feb. 27	Parenting an Anxious Child 6pm in the Library
Feb. 28	Pink the Rink
Feb. 28	No School Pro-D Day
Mar. 7	No School
Mar. 13	Learning Update sent home
Mar. 14	Milk and Cookie Day
Mar. 14	Green/Rainbow Day
Mar. 17-Mar. 28	No School -Spring Break
Mar. 31	First day back after spring break



Kindergarten
REGISTRATION

We will be accepting kindergarten registrations for children born in 2020 and turning 5 in 2025 starting February 3. More information can be found below and on the school district's webpage at www.sd5.bc.ca



SCHOOL DISTRICT 5

S O U T H E A S T K O O T E N A Y

Come to School with Us
Viens à l'école avec nous
September 2025 Entry

KINDERGARTEN REGISTRATION

School District No. 5 (Southeast Kootenay) welcomes all children born between January 1, 2020, and December 31, 2020, and encourages parents to register their children at their catchment area school for September 2025 kindergarten entry. Registration and enrolment application forms shall only be accepted by the catchment area school commencing on Monday, February 3, 2025, at 8:30 a.m.

School District No. 5 (Southeast Kootenay) provides all students with a warm and caring learning environment. We offer our kindergarten students a developmentally appropriate program along with access to computer technology, a Fine Arts program and student services support. French Immersion kindergarten is available at T.M. Roberts Elementary School.

School District No. 5 (Southeast Kootenay) will continue to use the online registration option for kindergarten students. A MyEducation BC registration link will be posted on the District and elementary school websites.

Please do not complete an online application for children that have been enrolled in StrongStart programs in the province. If your child has been enrolled or is currently enrolled in a local StrongStart, they will be automatically enrolled in their catchment school. Please contact your catchment school directly to confirm registration. If you are unsure which school is your catchment area school, please visit the [school locator](#) on our district website.

All registrations are processed on a first-come, first-serve basis. A birth certificate or other legally acceptable document, along with proof of B.C. residency (i.e., mortgage statement, rental agreement, or utility bill) must be provided at the time of registration. Registrations will not be accepted until such documentation is made available.

Please register early to ensure your child can attend your catchment area school. Parents requesting for children to attend a school outside their catchment area are required to first register their child at their catchment area school. To request a transfer, pick up a "Family Request for Student Placement Form" from your catchment area school or [download](#) the form and email it to studenttransfers@sd5.bc.ca. If you do not have access to email, please bring it to the School Board Office. Board Office staff will only begin to accept these completed forms on Monday, February 3, 2025. Please refer to [Administrative Procedure 300](#) for more information.

FRENCH IMMERSION REGISTRATION

French Immersion is available in both Cranbrook and Fernie:

- Cranbrook - Kindergarten or grade one: please register at T.M. Roberts Elementary
- Fernie - Grade 4: please register at Isabella Dicken Elementary

For more information, please contact:

David Doll, Principal, T. M. Roberts Elementary School (250-489-4575)
Janet Kuijt, Principal, Isabella Dicken Elementary School (250-423-4651)

If you have any questions, please contact your neighbourhood school or the school board office at 250-426-4201 (extension 0) or toll-free 1-866-489-4201.

We look forward to your child joining us in School District No. 5 (Southeast Kootenay).

Messages From Staff

ANXIETY

Anxiety can present itself in many different ways. Anxiety Canada has a free online course called MAP (My Anxiety Plan) an anxiety management program based on cognitive-behavioural therapy (CBT). CBT is an evidence-based psychological treatment that has been shown to be one of the most effective treatments for anxiety problems. MAP is a resource for parents and caregivers to “coach” anxious children or teens using practical strategies and tools to manage anxiety.

You can register for the course or take a look at the units the course is broken down into at the website below.

<https://maps.anxietycanada.com/courses/anxiety-plan-children-teens/>

Kathleen Boyle (She/Her)

B.ED, MACP, PgCERT Special Ed

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

Elementary School Counsellor

School District 5

Did you know that 5% of your Save-On-Foods bill could be donated straight to our school? All you have to do is:

- Shop at Cranbrook Save-On Foods
- Tell the cashier you support Highlands School
- 5% of your bill is donated to the school by the store with no extra cost to you.



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.



3 WAYS TO PROVE YOU LOVE THEM - The Parent Cue

No one had to convince you to love your children.

It happened the first time you held or saw them and memorized every detail of their faces.

It happened when you heard them laugh for the first time or tell a joke.

It happened when their personalities seemed to show up overnight.

But there's something inside of us that wants our kids to really know how much they are loved. The problem is, that seems impossible—they're kids. They might never understand or appreciate the depth of our love for them.

But a kid doesn't have to understand or appreciate a parent's love to be affected by it. So, maybe the best thing we can do for our kids is not to get them to understand how much we love them, but to prove to them that we love them enough. How? By showing up. We can show up predictably.

Whatever your work, school, or activity schedule, you can show up in predictable ways. It's how you greet them in the morning, how you meet them at the end of the school day, how you end the day together, and how you spend your weekend. It's the small ways you show up in their world, day after day, week after week, that communicate love.

We can show up mentally.

Okay...this won't apply all the time. There are some times when our mental energy is somewhere else—that's just life. But there are moments when we can show up mentally more than others. We can plan strategic moments to disconnect and focus on what our kids have to say. One of the best times to show up mentally might be riding in the car. Some research actually shows that conversations happen more easily when we don't have direct eye contact.

We can show up randomly.

These are the really fun moments. The surprises. It can be an unexpected note in their lunchbox or going for ice cream after school. Whatever it is, when you show up randomly, you have an opportunity to show your kid you are thinking about them when they least expect it.

Even if your kids never really appreciate the deep down love you have for them, be encouraged. By showing up predictably over time, giving them our attention, and showing up in unpredictable ways, we can show our children we love them enough. And not only that, we can help them understand they are lovable, that they have value, and that they are worth it.

Natasha Ewaskow

Youth Care Worker

Highlands Elementary School

PARENTING AN ANXIOUS CHILD



Thursday February 27th, 6PM
Highlands Elementary



Join Registered Clinical Counsellor
Josh Lockhart and Counselling Intern
Chelsea Mitchell from Cosmos
Counselling Clinic to learn and
discuss what anxiety is, what it looks
like, and what we can do as parents
to support our anxious child.

Contact Chelsea to Register:
cosmoscounselling.chelsea@gmail.com

250-984-8932

SCHOOL SUPPLIES



Students Supplies are \$45 per student. Supplies can be checked off on the Highlands Hot Lunch website and then paid via e-transfer, cheque, or cash to Highlands PAC. If you are unsure if this affects you please contact the school office. These fees do not apply to Amy Woodland Students who brought their own supplies.



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

Hot Lunch Dates

Mar. 6 Boston Pizza

Mar. 13 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. Please note the Mar. 6 meeting is cancelled.

Community Events



Upcoming Parent/Caregiver/Educator Info Session: Understanding and Guiding Youth in Online Gaming

PSSG is excited to share this learning opportunity from Public Safety Canada:

This session will explore strategies to protect children from sexual exploitation and abuse within online gaming environments, providing practical guidance and expert perspectives. The webinar is facilitated by GamerSafer, a safety tech company focused on protecting players and gaming communities from digital risks and harms.

This session will be hosted on Zoom. To register, please click on the link below. You will then receive a confirmation email with login details.

Understanding and Guiding Youth in Online Gaming, March 5, 2025 from 10:30 am – 12:00 pm PST.

https://us02web.zoom.us/webinar/register/WN_ez4nDw3MR127p-JeUntzow#/registration

Participants will be able to ask questions during the event. Please be advised that this event may be recorded.

For any questions about the event, please do not hesitate to email Public Safety Canada at: onlinecseeseenligne@ps-sp.gc.ca.



Ktunaxa Kinbasket
Child & Family
Service Society



MENTAL
Wellness

Combatting Seasonal Affective Disorder

WITH WINTER UPON US, THE
MENTAL WELLNESS TEAM INVITES
YOU TO TRY OUT LIGHT THERAPY

Drop in to our locations to sit in front of the HappyLight Therapy
lamp for no more than 10 minutes/session to see if light therapy
may be a helpful option for you.

Available through opening hours until the end of winter.

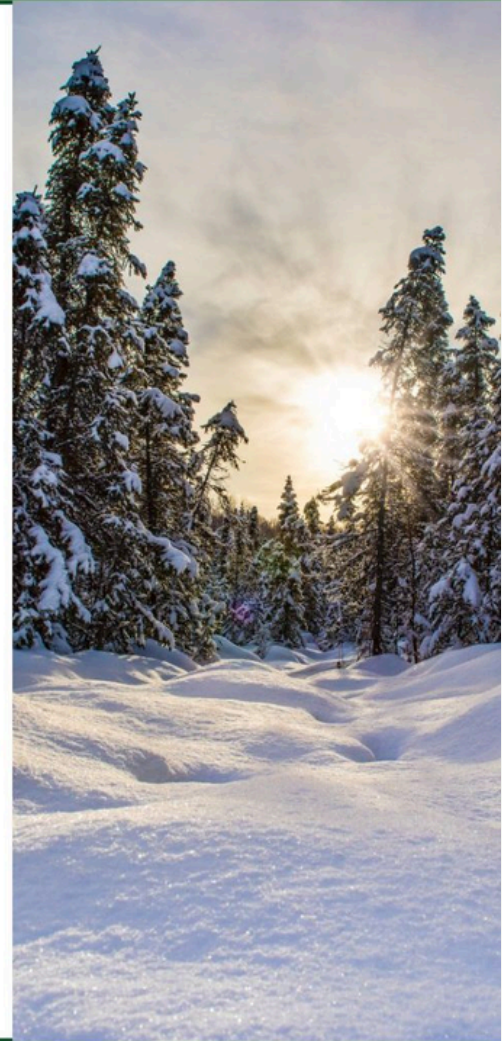
**KKCFSS Lower Kootenay Office,
Chief Joseph Centre, Foundry East
Kootenay & ʔakisq̓nuk Health Centre**

Information & Contact

kkcfss-mentalhealth@ktunaxa.org

(250) 464-0365

wanuyitnamu :: Winter



FOLLOW US

@kkcfss
kkcfss.org



SHARING OUR STORY

LIFE ON A MÉTIS ROAD ALLOWANCE



With Koohkoom Marie

Join Elder Marie Schoenthal as she shares her inspiring journey of resilience and self-sufficiency. Growing up on a Métis Road Allowance, Marie's story reflects a life deeply connected to the land, and her Michif language and culture.

Fluent in Southern Michif, she offers unique insights into the challenges of transitioning to English and the cultural shifts of her upbringing. Marie's heartfelt narrative brings early 1900s Canadian history to life, honoring Métis heritage and inviting all ages to connect with this rich cultural legacy.



FEBRUARY 27TH 2025



6:30 PM - 8:30 PM



**108 VAN HORNE ST ST
RMMA COMMUNITY SPACE
FREE IN PERSON EVENT!**

RSVP: RMMACULTURE@GMAIL.COM



Minister's Advisory Council
on Indigenous Women

MARCH



bgc Cranbrook
Youth Impact

120 7TH AVE S

(250)-919-3596

YI@BGCCRANBROOK.CA

REGISTRATION

OPENS

AT 6:00 PM ON:

FEBRUARY 21



FEBRUARY 28

MARCH 7

SCAN HERE
TO REGISTER



OPEN FOR ALL
YOUTH
GRADES 6-12

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6
DUNGEONS AND DRAGONS ON ZOOM CAMPAIGN 1 3:45-5:45 CAMPAIGN 2 6:00-8:00	YOUTH IMPACT CHILL ZONE @ YOUTH IMPACT 5:00-7:00 	WING WEDNESDAY TRUTH OR DAB @ YOUTH IMPACT 3:30-5:30	Chef🍴INATION PIZZA-PALOOZA & APRIL PLANNING @YOUTH IMPACT 4:30-7:00
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13
DUNGEONS AND DRAGONS ON ZOOM CAMPAIGN 1 3:45-5:45 CAMPAIGN 2 6:00-8:00	YOUTH IMPACT CHILL ZONE @ YOUTH IMPACT 5:00-7:00 	GHOST IN THE GRAVEYARD MEET @ COMMUNITY FOREST COTR ENTRANCE 3:30-5:30	Chef🍴INATION BUDGET MASTERCHEF MEET @ YOUTH IMPACT 4:30-7:00
TUESDAY 18		WEDNESDAY 19	THURSDAY 20
LUNCH & BOOK CLUB! MEET @ YOUTH IMPACT PICK UP @ CRANBROOK LIBRARY 12:00-3:00 <hr/> TIN FOIL DINNERS AND OUTDOOR FUN AT IDLEWILD MEET @ IDLEWILD SLED HILL 5:00-7:30		FERNIE ADVENTURE DAY & SNEAKY CARDS! *PLEASE BRING (NUT FREE) SNACKS & WATER* MEET & PICK UP @ YOUTH IMPACT 1:00-6:00	ACTIVE KIDS CRANBROOK ROCK CLIMBING @ ARQ CLIMBING CENTRE MEET & PICK UP @ ARQ 6:00-8:00
WEDNESDAY 26		THURSDAY 27	
FAIRMONT HOT SPRINGS DAY MEET & PICK UP @ YOUTH IMPACT *PLEASE BRING (NUT FREE) SNACKS & WATER* 1:00-6:30		TURN YOUTH IMPACT INTO THE MOST EPIC CARDBOARD CASTLE! @ YOUTH IMPACT 4:30-7:30	