

MAY NEWSLETTER



Highlands Elementary

May - ʔu·tumi

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

Upcoming Events

May 2 - Milk and Cookie Day

May 5 - Class Photos

May 8 - PAC Meeting 7:00 pm

May 9 - Intermediate Track and Field at COTR

May 12 - Back up date for Intermediate Track and Field

May 13-14 - Parent Teacher Conferences - Early Dismissal at 12:50

May 15 - Ready, Set, Learn at Rotary Park 10:00-11:30

May 16 - No School

May 19 - No School

May 23 - Crazy Hair/Crazy Hat Day

May 28 - Community Engagement Night 6:00-7:00pm Mount Baker School

May 30 - 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

Sleep Over Information

With Spring approaching, more sunlight hours and nicer weather to play outside, you might be thinking about sleepovers for your children. Sometimes this is a topic for discussion between spouses based on past lived experience. Here is a link to a sleepover guide from institute of child psychology to decide if sleepovers are right for your family at this time.

Inside this thoughtful, psychologist-developed guide, you'll get:

-  A balanced look at the pros and cons of sleepovers
-  Insight into your child's emotional readiness
-  Crucial safety questions to ask the host family
-  Tips for managing technology and privacy
-  Scripts and strategies for talking to your child about boundaries
-  The latest research on peer-to-peer abuse and why body safety is more important than ever

We know it's not an easy decision—and there's no one-size-fits-all answer. But with this guide, you'll feel more prepared to make the right choice for your child and your family.

<https://instituteofchildpsychology.com/wp-content/uploads/2025/04/Sleepovers-Handout.pdf>

Regards,
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. 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>

SCREEN TIME

We have all heard about the importance of keeping track of your kids time on screens. But do you really know why?

While more research is needed to fully understand the effects screen time levels have on kids, parents are not off the hook. Screen time affects adults the same as children. Too much screen time puts everyone at risk of obesity, and it's linked with sleep disturbances and can affect relationships.

For kids and teens there are studies concerning the negative effects of screen time and its relationship to anxiety, depression and attention span.

Limiting screen time also helps parents keep a closer eye on what their children are experiencing on social media and the internet.

The American Academy of Pediatrics recommends these acceptable amount of screen time limits:

- No screen time for children under 2
- One hour per day for children 2 to 12
- Two hours per day for teens and adults

Tips for reducing screen time

These six tips can help you trim your children's screen time when not in school:

- 1. Be accountable** - Set expectations with your kids, and create goals to be intentional about reducing screen time. Many devices have features to set time limits for use.
- 2. Be realistic** - If your kids spend a lot of leisure time on screens, including watching TV, start by setting smaller, more attainable goals. Instead of jumping right to the recommended one to two hours or less per day, start by cutting their current screen time in half.
- 3. Be engaged** - After school or work, spend time each day talking face to face with kids and give them your full attention.
- 4. Put hand-held devices away** - During screen-free hours, put devices away or at a charging station in a common area so they're not attracting your kids' attention.
- 5. Create phone-free zones in the home** - Making family meal areas a phone-free zone is an easy way to start.
- 6. Go outside** - Putting down the phone and taking a walk or playing outdoors increases your endorphins and provides that feeling of happiness in your brain, boosting your mood and improving your physical health.

Wondering if screens are affecting your child? Check out this article which also has more tips to help: <https://childmind.org/article/how-to-set-limits-on-screen-time/>

Natasha Ewaskow
Youth Care Worker



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!



SCHOOL DISTRICT NO. 5 (SOUTHEAST KOOTENAY)

COMMUNITY ENGAGEMENT NIGHTS



MAY 13 - FERNIE
(Ecole Isabella Dicken Elementary)
6:00-7:00 p.m.

MAY 14 - JAFFRAY
(Jaffray School)
5:30-6:30 p.m.

MAY 28 - CRANBROOK
(Mount Baker Secondary)
6:00-7:00 p.m.

JUNE 3 - SPARWOOD
(Sparwood Secondary)
6:00-7:00 p.m.

JUNE 5 - ELKFORD
(Elkford Secondary)
6:00-7:00 p.m.

TOPICS

The Framework for
Enhancing Student
Learning for the District
and the Community

School Growth Plans

Strategic Plan





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

May 8 - Domino's
May 15 - Taco Time
May 22 - McDonald's
May 29 - Boston Pizza
June 5 - Hot Dog Day
June 12 - Domino's

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 May 8 at 7pm
in the Library.

Highlands PAC **USED BOOK SALE**

PAC has collected previously loved books and will have a book sale in the Gym on May 13 and 14. Your child will be given one PAC BUCK and get to visit the fair to purchase a book of their own choosing on May 14 from 9am to 12 noon with their class. You are invited to come and purchase additional books for \$1 / book after early dismissal on May 13 and 14 from 12:30pm to 4:00 pm. On May 14 from 4pm to 6 pm, the sale will be open to the public. There will be books for the young and the young at Heart, including an adult corner.

Your financial support will be used to purchase materials for the HES Library.

Any questions or if you have books you want to donate please contact Connie @ connie.swarbrick@gmail.com

