



May 5- May 16 , 2025

NEWSLETTER

Pearson Road Elementary



PRINCIPAL'S MESSAGE

Dear Pearson Community,
The weather is warming up nicely, and we hope you're taking full advantage of it and being out in nature! At school, we are planning for our new kindergartners to join us in the Kindergarten Kickstart program, which starts on Monday. We have also had a couple of after-school soccer sessions, and our students are enjoying them immensely. Pearson is always a busy place, and a fun place to be!
Have a restful weekend!

Kind Regards,
Jasmeet

KEY DATES

Mon, May 5 -	Kindergarten Kickstart Begins
Wed, May 7-	Hot Lunch- Spaghetti, Caesar Salad & Garlic Bread
Thurs, May 8-	After School Soccer- 2:15-3:45
Tues, May 13-	Ms. Mantilla & Ms. Davis' classes on Field Trip
Wed, May 14-	Hot Lunch- Wrapzone
	Author Visit in Library- Krista Chisholm
	Grade 5's visit to RMS - AM
Thurs, May 15-	After School Soccer - 2:15-3:45
Fri, May 16 -	Ms. Mantilla & Ms. Davis' classes on Field Trip
Mon, May 19 -	Victoria Day- No School
Tues, May 20 -	Class Photos



FROM THE DESK OF:

MS. DAVIS - GRADE 1/2 TEACHER

SPRING HAS SPRUNG IN GRADE ½

WE HAVE BEEN LEARNING ABOUT WHAT LIVING THINGS NEED TO SURVIVE. THIS HAS LED US TO LEARN ABOUT PLANTS AND HOW WE CAN LEARN FROM TRADITIONAL PLANTING PRACTICES. THE EASTERN INDIGENOUS CULTURES USED TO PLANT A THREE SISTERS GARDEN. THIS IS WHAT WE NOW CALL COMPANION GARDENING. THE GARDEN CONSISTS OF CORN, BEANS, AND SQUASH. THE THREE PLANTS IN THE GARDEN NATURALLY DETER WEEDS AND PESTS, ENRICH THE SOIL, AND SUPPORT EACH OTHER. THE CORN OFFERS NATURAL SUPPORT FOR THE POLE BEANS. THE POLE BEANS PULL NITROGEN FROM THE AIR AND BRING IT TO THE SOIL. THE LEAVES OF THE SQUASH SHADE THE SOIL, KEEPING IT COOL AND MOIST AND DETERRING WEEDS. WE HAVE PLANTED CORN AND BEANS, AND NEXT WEEK WE WILL PLANT THE SQUASH. WE ARE VERY EXCITED TO SEE OUR GARDEN GROW AND TO LEARN MORE ABOUT TRADITIONAL GROWING TECHNIQUES.





FROM YOUR PAC

Pearson Road Elementary

Make a difference in your child's education & overall school experience.

Join the PAC!

Email your PAC President with any questions.

Pse.pacpresident@sd23.bc.ca

PAC MESSAGE

PAC Annual General Meeting – Monday, May 12, 5:30 in the library

All parents and guardians of Pearson Panthers are encouraged to participate in the school community! Elections will be held for the PAC Executive positions of President, Vice President, Secretary, Treasurer and COPAC Representative. Please send questions or nominations to pse.pacpresident@sd23.bc.ca.

Pearson Spring Carnival – Wednesday, June 4 from 5:00–7:30PM

PAC is excited to present our annual Spring Carnival! There will be lots of fun games and activities, food, dancing, and more!

WE NEED YOU! Soon you will receive more information about the carnival, and we ask for your support in volunteering or making a donation to make this the best carnival ever!



Please note:

Wednesday's Hot Lunch is ordered month by month (order deadline -end of each month). Friday's in-house lunch is not running in June.

Parents need to create an account on the MunchaLunch website. Ordering and payments are managed through Munchalunch. ALL ORDERS AND PAYMENTS MUST BE DONE ONLINE. We cannot accept cash or cheque payments at the school. Munchalunch Website

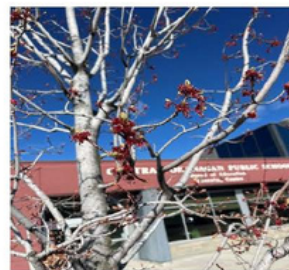
This program is run by the Pearson PAC, all questions should be directed to pse.pac@sd23.bc.ca



FROM THE DISTRICT

Pearson Road Elementary

HPS Bulletin



Togetherness

k'wu c̓ullus

camaraderie

Issue 1.1 | TIME OF THE BUDDING LEAVES kpeckltan (Mar. 29 to Apr. 26)

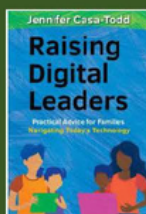
click titles to access resources

[Curriculum Resources for Teachers](#)

[SD23 Digital Wellness](#)

[Enhancing PHE with Technology](#)

[A Good Read!](#)



[Health Promoting Schools Website](#)

[District Health Plan](#)



Digital devices play a substantial role in our social, mental & physical wellbeing. The choices and the experiences we expose ourselves to influence who we become & impact our health. Using digital resources in a positive way can enhance creative thinking, productivity & communication, however, the exact opposite is also possible if we are not aware of our habits. Fostering healthy digital literacy is a community responsibility. Modeling thoughtful usage is an important place to begin & having ongoing conversations can provide supportive development of digital identity for the children & youth in SD23. Here is a great way to think about information, especially on the internet (an oldy but a goodyl):



- T- Is it true?
- H- Is it helpful?
- I- Is it inspiring?
- N- Is it necessary?
- K- Is it kind?



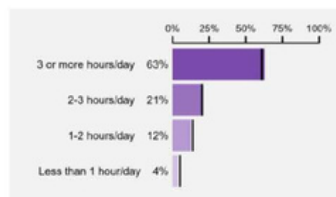
Here's what's happening with SD23 students:

Most youth (98%) had a phone or tablet and commonly used it for scrolling through social media and connecting with family and friends. (2023 McCreary)

*In the past year, 17% of Okanagan youth felt or had been told that their social media use had reached a point where they **needed help**. The rate was similar across BC. (2023 McCreary)*

*In the past year, 15% of youth reported that they had been **cyberbullied**. Also, 8% reported that they had perpetrated cyberbullying during that time. (2024 Youth Research Slam-McCreary)*

Screentime and Sedentary Behaviour -In the past week, the number of hours youth reported being on a computer, tablet, or smartphone outside of school hours (i.e., working, surfing the internet, etc.) (2024 YDI)



Thanks for reading,
Alicia Kudryk and Andrea Locke
Health Promoting Schools Coordinators



FROM THE COMMUNITY

Central Okanagan Family Hub - Kelowna

www.facebook.com/COFHP for up-to-date info or www.cofh.ca

Hours: Monday - Friday, 8:30am - 4:00pm

Location: 700 Pearson Road, Kelowna, BC

MAY 2025



Monday	Tuesday	Wednesday	Thursday	Friday
Program Key: Red = Registered program: Pre-registration required. Closed groups that run for several weeks. Green = Drop-in: Join without prior registration Call/text 236-870-4567 or Email maya@cofh.ca for any Questions, Referral, or Navigation services.				
Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Circle of Security, 9:30am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	Japanese Story Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
Drop-in Play Time, 9:00am-11:30am Physio with Melina, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Circle of Security, 9:30am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	Short Term Food Support Market, 9:30am-1:00pm Drop-in Play Time, 2:00pm-3:30pm	Indigenous Drumming Circle, 9:30am-10:30am Hub Closed, 11:00am-1:00pm Drop-in Play Time, 2:00pm-3:30pm	Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
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Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Circle of Security, 9:30am-11:30am Indigenous Learning, 10:00am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	Short Term Food Support Market, 9:30am-1:00pm FCC & ROKband Community Partner Visit, 9:30am-11:30am Drop-in Play Time, 2:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm



Program Details:

Drop-in Programs:

Family Play Time at the Hub, The Bridge Youth and Family Services
Parents/caregivers with children are welcome to drop-in for a family play time in the HUB playroom.
For more information, call the HUB at [236-870-4567](tel:236-870-4567)

Indigenous Learning at The Hub, The Bridge Youth and Family Services
Parents/caregivers with children are welcome to drop-in for Indigenous learning activities in the HUB playroom.
Opportunity for children to learn and create Indigenous crafts and treats.
Last Tuesday of the month, 10:00am-11:30am

FCC - Family Connections Centre
With specialized services in speech and language pathology, Behavior's consultations, family support services and many more.
They are here to answer all of your questions.
Wednesday, May 28th, 9:30-11:30am, Drop in for any questions during this time

Rokband Clinic
With specialized services in Headshape for infants, Mikaela Engracia will be at the Hub to answer all your questions.
Wednesday, May 28th, 9:30-11:30am, Drop in for any questions during this time

Indigenous Drumming Circle with Kookum Dawn and Auntie Chelsea
A drum circle represents balance, and connection where we all can remember our first sound of our mother's heartbeat.
An offering to community from Metis Community Services.
Every Third Thursday of the month, 9:30am-10:30am

Physio For Kids -
If you have kids between newborn and 4 years of age, come and join Milena Perini, Pediatric Physiotherapist from VIVA Pediatric Physio.
at the Hub! Milena will answer all your baby motor development questions, and more.
To book, call [236-870-4567](tel:236-870-4567) or email maya@cofh.ca



Community Partners:

Parent Talk: The Bridge Youth and Family Services

Support and information group for parents of children 0-6 years old. Opportunity for parents to share and gather information about issues that are impacting their lives and their parenting, create connections, and be a part of a supportive parenting community.
Childcare is provided. Please bring a snack for your children!
Select Fridays, 9:30am-11:30am. If you are new to this group and would like to join, call Laura at [250-878-6331](tel:250-878-6331)

Circle of Security Parenting Course - In Arabic

Parenting training where you'll learn how to strengthen your bond with your child and nurture emotional security.
This supportive program helps families understand their children's needs and build a foundation for lifelong trust.
To register, call [250-626-6264](tel:250-626-6264) or email Ruba at rubah@cofh.ca

Registered Outatoto Ohashino Kai (Japanese Story Time for infants & toddlers)

A space where children can practice and reinforce the Japanese language and culture. This space is 100% Japanese.
Every 1st and 3rd Wednesday of the month, 9:30am-11:30am.

Short-Term Food Support Market

This market intends to provide families with genuine needs and provides an extra layer of support. The market will be open on the 2nd and 4th Wednesday of each month from 9:30 am to 1:00 pm.
No drop-ins - only registered families. Please submit a referral through a community partner organization to learn more about the program description and eligibility. For more information call the HUB at [236-870-4567](tel:236-870-4567).

Registered Connect & Play - KCR Family Friend Program

Playtime for moms and children is part of the Family Friend Program. Meet other moms in the program and let your children play.
Select Tuesdays, 12:00pm-2:00pm, Email familyfriend@kcr.ca or visit www.kcr.ca/family-services/family-friend





FROM THE COMMUNITY



Physio for kids
at the Hub
Monday
MAY 12TH 2025
9:30am-11:30am

If you have kids between newborn and 4 years of age, come and join Milena Perini, Pediatric Physiotherapist from VIVA Pediatric Physio, at the Hub! Milena will answer all your baby motor development questions, and more... To book please call: 236 970 4567 or email: maya@cofh.ca



VIVA
PEDIATRIC PHYSIO

www.cofh.ca
info@cofh.ca
236-970-4567



Indigenous Learning at the Hub

May 27th

Join Riley and The Bridge Youth and Family Services for a fun Indigenous learning activity during creative playtime.

Tuesday, May 27th from 10:00 am to 11:30 am
At the Central Okanagan Family Hub
700 Pearson Road



Join us at the Family Hub Thursday
MAY 15th 9:30-10:30am

INDIGENOUS DRUMMING CIRCLE

A drum circle represents
balance, and connection
where we all can remember
our first sound of our
mother's heartbeat

With
kookum
Dawn
and
aunty
Chelsea!



Métis
COMMUNITY SERVICES
SOCIETY OF BC



KCR
COMMUNITY RESOURCES
Enhancing Lives - Connecting Communities





IMPORTANT LINKS

Pearson Road Elementary

SCHOOL ABSENCES and COMMUNICATION:

Please make sure you have signed up with [SchoolMessenger](#) to report all lates, absences and early departures. You are required to inform the school when your child will be absent from school. This app makes that reporting very easy for you.

[SchoolMessenger App](#)



SchoolMessenger is also how the school communicates with you! If there are any issues with you not receiving messaging please contact us as there may be an issue with the email address we have on file for you.



Please click here to see how to register for School Cash Online



Follow @sd23news on Instagram!

Please take a moment to follow @sd23news on Instagram (and the same on Facebook and X if you haven't yet!)

Please follow the "No Parking" signs in the neighbourhood and school

