



April 7- 18, 2025

# NEWSLETTER

Pearson Road Elementary



## PRINCIPAL'S MESSAGE

Dear Pearson Community,  
We have had an excellent first week back. April brings busy times as we start preparing for next year. We are planning for Kindergarten Orientation, ELFF night, and Kindergarten Kickstart. We will be sure to keep you posted about all the activities.

The district is looking for your feedback on the school calendar. The link is provided below. There is also an important letter from Interior Health.

Kind Regards,  
Jasmeet

## KEY DATES

**Wed April 9 - Hot Lunch- McDonald's & Grade 3 Swimming**

**Thurs, April 10 - PAC- Magic Show 5:00 pm**

**Mon, April 14- Everyone Rides- Gr 4& 5**

**Tues, April 15- Everyone Rides- Gr 4& 5**

**Wed, April 16- Grade 3 Swimming & Hot Lunch- Fried Rice & StirFry**



# FROM THE DESK OF:

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**MS. MACAFEE - KINDERGARTEN TEACHER**

## GARDEN TIME AGAIN!

Mrs. Macafee's Kindies are so excited to be out in our school garden again. We love playing in our mud kitchen, but now that Spring is here, we are also busy working in the garden. Recently we went out and planted potatoes with Teacher Deb. We are hoping to harvest them in June and make our very own French fries.



Our next job is to start planting seeds for our greenhouses. We will let them begin growing in there until May, when we transplant them into our garden beds. We look forward to watching everything grow in our beautiful school garden.

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# 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

### **Purdy's fundraiser deadline: Tuesday, April 1.**

Please support Pearson by enjoying delicious, Canadian chocolate by Purdy's. Order now at <https://fundraising.purdys.com/1564220-126309>, using customer number 43926. 25% of sales will be fund field studies and special events for Pearson students.

### **Hot Lunch**

Deadline for April orders is Monday, March 31 at [www.munchalunch.com](http://www.munchalunch.com). Don't miss out! Orders for May and June will open on Tuesday, April 1. We will be adding a few options for Friday lunches as well as our usual Wednesdays, so please check them out!

### **Magic Show!**

On Thursday, April 10, prepare to be amazed! All Pearson families are invited to a magical evening with Leif David! Doors open at 5:00. Entry is by donation, and the concession will have food and drinks for sale.

*All children must be accompanied by a responsible adult.*

### **PAC Meeting**

Monday, April 14 at 5:30 in the school library. Please come and be a part of supporting the Pearson community!



Please note:

Wednesday's Hot Lunch is ordered month by month (order deadline -end of each month).  
Friday' 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.pacpresident@sd23.bc.ca](mailto:pse.pacpresident@sd23.bc.ca)



# FROM THE DISTRICT

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Pearson Road Elementary

## **2026–2028 School Calendar Survey**

We invite families and school communities to share their input on the proposed calendars for next two school years.

Please click here to review the proposed calendars and find a link to the very brief survey.

Please share your thoughts on the proposal by *Friday, April 11, 2025*.

The 2025–2026 calendar is already established and available here.





### Measles Prevention: What You Need to Know

Vaccination is the most effective way to prevent measles. Measles vaccines are tested and are effective at protecting your children and others from serious illness.

Having two doses of a measles-containing vaccine greatly reduces the risk of catching the disease. These two doses are nearly 100% effective and are recommended for children and teens.

<p><b>To book an appointment to update your child's immunization visit</b>  <a href="http://interiorhealth.ca">interiorhealth.ca</a> or scan this QR code to find the closest Community Health Centre.</p>	<p>Book an Appt.  </p>	<p><b>If you are not sure if your child is fully protected against Measles, or other preventable diseases visit Health Gateway, or scan this QR code.</b></p>	<p>Check a Record  </p>
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### Increased Measles Around the World

As you may have seen in the news, there is an increase in the number of measles cases being reported around the world, including in Canada and in B.C.

We would like to remind you to [check your child's vaccination records](#) before travelling during Spring Break and to ensure they are protected.

#### If you are planning to travel internationally:

- Babies between the age of 6 months and 1 year should get immunized against measles before travelling. This dose is not included in the routine two doses but will add to the protection against measles while travelling.
- Children between age 1 and 4 years can get their second dose early if they are travelling internationally before they are due at age 4-6yrs.

If your child has not yet had their vaccines, please make an appointment with your local public health unit. Children 4 years or older, as well as adults, can also be vaccinated at community pharmacies.

#### Measles is a serious illness caused by the measles virus. It is very contagious.

- It can spread easily through air.
- Measles can cause complications like inflammation of the brain (encephalitis), which can lead to seizures, deafness or brain damage. Other complications can include ear infection, diarrhea, pneumonia and death. This is why protection by vaccination is so important.

If you have immunization records for your child that are not recorded in their Health Gateway profile, you can submit those records online by sending them to [immunizationrecord.gov.bc.ca](http://immunizationrecord.gov.bc.ca)

March 2025

Interior Health would like to recognize and acknowledge the traditional, ancestral, and unceded territories of the Däkelh Dené, Ktunaxa, Nlaka'pamux, Secwépemc, St'át'imc, syilx, and Tšilhqot'in Nations where we live, learn, collaborate and work together.



# FROM THE COMMUNITY



NUTRITIONAL RHYTHMS  
*Verena van der Lely, RD*



## Upcoming Nutrition Workshops for Parents at the Family Hub

Join Registered Dietitian Verena van der Lely for a series of practical workshops designed to support families in making healthy, affordable food choices.



April 3rd, 2025  
April 10th, 2025  
April 24th, 2025  
9:30am - 11:00am

### April 3 - Women's Hormones and Well-Being

Understanding hormonal fluctuations can help women feel their best and support their families. This session will explore simple ways to balance hormones through food and lifestyle choices.

### April 10 - Eating on A Budget

Discover cost-saving tips and meal-planning strategies to help you stretch your grocery budget while still providing nutritious meals for your family.

### April 24 - Family Nutrition and Mealtime Strategies

Learn about the benefits of family meals and get practical strategies to manage picky eating and create a positive mealtime environment.



**SCAN TO REGISTER!**

call: 236 970 4567  
or email: [maya@cofh.ca](mailto:maya@cofh.ca)





# FROM THE COMMUNITY

## Circle of Security Parenting Course! in Arabic ( for kids ages 0-6 Years )

Join us for the Circle of Security 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.



Every Tuesday starting 22nd April - 3rd June child minding will be provided 9:30 am to 11:30 am

At Central Okanagan Family Hub  
700 Pearson Rd



to register: 250 826 6264  
or email: [Ruba@cofh.ca](mailto:Ruba@cofh.ca) or use the QR code



Physio for kids  
at the Hub  
Monday  
April 14th 2025  
9:30am-11:30am

If you have kids between newborn and 4 years of age, come and join Milena Perini, Pediatric Physiotherapist from Physio for kids, 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](mailto:maya@cofh.ca)



[www.cofh.ca](http://www.cofh.ca)  
[info@cofh.ca](mailto:info@cofh.ca)  
236-970-4567



## Indigenous Learning at the Hub April 29

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

Tuesday, April 29 from 10:00 am to 11:50 am  
At the Central Okanagan Family Hub  
700 Pearson Road



## Indigenous Drumming Circle at the Family Hub

April 17th  
9:30am - 10:30am





# FROM THE COMMUNITY

## Central Okanagan Family Hub - Kelowna

[www.facebook.com/COFHP](https://www.facebook.com/COFHP) for up-to-date info or [www.cofh.ca](http://www.cofh.ca)

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

Location: 700 Pearson Road, Kelowna, BC

### April 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Drop-in Play Time, 9:00am-11:30am <b>Family Friend</b> , 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	2 <b>Japanese Story Time</b> , 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	3 <b>Nutrition Workshop: Women's Hormones &amp; Well-Being</b> , 9:30am-11:00am Drop-in Play Time, 11:30am-3:30pm	4 <b>Parent Talk</b> , 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
7 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	8 Drop-in Play Time, 9:00am-11:30am <b>Family Friend</b> , 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	9 <b>Short Term Food Support Market</b> , 9:30am-1:00pm <b>FCC Community Partner Visit</b> , 9:30am-11:30am Drop-in Play Time, 2:00pm-3:30pm	10 <b>Nutrition Workshop: Eating on a Budget</b> , 9:30am-11:00am Drop-in Play Time, 11:30am-3:30pm	11 <b>Parent Wellness Workshop</b> , 9:30am-11:30am Drop-in Play Time, 12:30pm-3:30pm
14 Drop-in Play Time, 9:00am-11:30am <b>Physio with Melina</b> , 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	15 Drop-in Play Time, 9:00am-11:30am <b>Family Friend</b> , 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	16 <b>Japanese Story Time</b> , 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	17 Drop-in Play Time, 9:00am-11:30am <b>Indigenous Drumming Circle</b> , 9:30am-10:30am Drop-in Play Time, 12:00pm-3:30pm	18 <b>Family Hub Closed</b> <b>Good Friday</b>
21 <b>Family Hub Closed</b> <b>Happy Easter!!</b> 	22 <b>Circle of Security</b> , 9:30am-11:30am <b>Family Friend</b> , 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	23 <b>Short Term Food Support Market</b> , 9:30am-1:00pm Drop-in Play Time, 2:00pm-3:30pm	24 <b>Nutrition Workshop: Family Nutrition &amp; Mealtime Strategies</b> , 9:30am-11:00am Drop-in Play Time, 11:30am-3:30pm	25 <b>Parent Talk</b> , 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
28 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	29 <b>Circle of Security</b> , 9:30am-11:30am <b>Indigenous Learning</b> , 10:00am-11:30am <b>Family Friend</b> , 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	30 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	<b>Program Key:</b> <b>Red= Registered program: Pre-registration required.</b> <b>Closed groups that run for several weeks.</b> <b>Green= Drop-in: Join without prior registration</b> <b>Call/text 236-970-4567 or Email <a href="mailto:maya@cofh.ca">maya@cofh.ca</a> for any Questions, Referral, or Navigation services.</b>	







# FROM THE COMMUNITY



## Children's Grief Support Group



Central Okanagan Hospice Association is pleased to offer an eight week grief and loss support group for **children ages 6-12** who have experienced the loss of a family member or friend through death. This program offers a safe, caring environment for children to gather in discussion and expressive play and art activities.

**Activities include: memory lanterns, stress balls, dioramas, canvas painting, games and more**

Our next group begins on **April 30, 2025** at COHA August Centre, #200—1890 Cooper Rd, and runs **every Wednesday from 4:00pm-5:30pm**.  
(April 30th—June 1th)

To refer a child to this group or for more information  
Please call: **Andi Harvey 250.763.5511**  
Or email: **andi@hospicecoha.org**

*Central Okanagan Hospice Association offers children and youth grief programs at no cost to anyone living in the Central Okanagan from Peachland to Lake Country*

1890 Cooper Rd, Kelowna, BC | P. 250.763.5511 | [www.hospicecoha.org](http://www.hospicecoha.org)



## Expressive Arts Night for Teens Create Your Own Zines



Date: **Tuesday, April 15th**  
Time: **4:00pm-5:30pm**  
Location: **#200-1890 Cooper Rd, Kelowna**

### **Ages 12-19**

All materials will be provided  
and no art experience is required.  
Snacks and refreshments provided

**Participants are welcome  
to bring a friend**

**Open to all Teens who have experienced the death of someone they loved—whether the loss was expected or unexpected.**

**Central Okanagan Hospice Association offers children and youth grief programs at no cost to anyone living in the Central Okanagan from Peachland to Lake Country**

Central Okanagan Hospice Association, in collaboration with art therapist, **Amy Van Dongen**, is pleased to offer this special Expressive Arts Night for **youth ages 12-19**.

To register, please call: **Andi Harvey 250.763.5511**  
Or email: **andi@hospicecoha.org**



# 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

