



School District No. 73 (Kamloops/Thompson)
Parkcrest Elementary School

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Parkcrest Update - March 25, 2021

1. **2019-2020 Parkcrest Yearbook** now for sale on Munch a Lunch. Each book is \$20.00 and payment can be made via Munch a Lunch online <https://munchalunch.com/fundraising> or with the attached (to this email) order form. Cheques can be written to Parkcrest PAC. This yearbook was 100% parent run and organized and is not a Parkcrest or PAC fundraiser of any kind. **Orders close April 19, 2021.** Yearbooks will be delivered to students when they arrive.
2. **Lost and Found:** Will be packed up Friday and sent to Found for Kids.
3. **Kindergarten Registration:** If you have not received a call from Parkcrest regarding your child's registration for next year, please contact Diane Atkinson at 250-554-2368 to confirm your placement for the fall. We continue to accept Kindergarten registrations, please call if you need more information.
4. **Student Learning Survey:** Link for parent feedback here:
<https://www.awinfosys.com/SurveyFull1/central/main/access.asp>
Please see the above link for parents. Grade 4 students will complete at school. All of your feedback is important. Thank you.
5. **School Fees:** Families who have amounts outstanding have been contacted. Please send in cheque or cash to the school or call to make arrangements for a three month payment plan.
6. **Water Bottles :** Please ensure your child comes to school each day with a water bottle.
7. **Parent Pick Up:** Thank you for picking up your child without parking in front of our neighbours driveways. Just a reminder that if you are coming onto school grounds please wear a mask.
8. **Hansport Parkcrest Swag:** We have been informed that the new swag will be ready in a couple of weeks and we will contact you when it can be picked up.

9. The Complaint Resolution Process is now on our School Website:

The School District has added a *Talking to Your Schools* page <https://parkcrest.sd73.bc.ca/en/parents-students-support-help/talking-to-your-school.aspx> to our school website <https://parkcrest.sd73.bc.ca/en/index.aspx>, which outlines the complaint resolution process. The opportunities provided in this process allow for personal engagement and direct communication. This process, rather than posting or venting online, is more likely to lead to a resolution that benefits the well-being of your child.

Parkcrest Upcoming Dates

- March 29, PAC Meeting 6:30
- April 2 Good Friday
- April 5 Easter Monday
- April 7 Day of Suwentwecw
- April 7 PAC Hot Lunch Pasta
- April 14 School Class Photos
- April 15 Early Closure 11:20
- April 19 Yearbook Orders for 2019-2020 close
- April 21 PAC Hot Lunch Panago
- April 26 Non Instructional Day
- April 29 Young Author's Conference
- May 12 PAC Hot Lunch Mexican
- May 21 Non Instructional Day
- May 26 PAC Hot Lunch Panago
- June 9 PAC Hot Lunch Pasta
- June 23 PAC Hot Lunch Panago
- June 29 Last Day of School: Dismissal 11:30

Community Information

1. Métis Family Connections Program

A new Miyoopimatishihk (Wellbeing) Program will focus on the unmet needs of Métis families with children from newborn to eight years. Please see the [brochure](#) for the Métis Family Connections program as well as the Winter edition of our publication Learn With Louis. To enroll in the Métis Family Connections Program, families can contact the [MNBC Ministry of Education](#) or visit the [Program webpage](#).

2. Free Mental Health Workshops from the Kamloops YMCA: Please see Below:

Youth Mindfulness Group - The Youth Mindfulness Group is a free 7-week psycho educational and support group for young adults ages 18-30 who experience anxiety. Participants learn healthy coping skills, connect with other youth in the community, and get support all in a safe and friendly environment.

- Online 6:30 - 9:00 pm May 12 – June 23 (Wednesdays)
- Info Session 1: April 12 6:30-7:30pm
- Info Session 2: April 28 6:30-7:30pm

Teen Mindfulness Group - The Teen Mindfulness Group is a Y Mind program that supports teens ages 13 to 17 who are experiencing symptoms of anxiety to learn and practice healthy coping strategies to better manage stress and anxiety. Our groups provide an opportunity for teens to learn within a safe, comfortable, and fun environment, surrounded by other teens experiencing similar thoughts and feelings.

- Online 3:30 - 5:00pm May 12 – June 23 (Wednesdays)
- Info Session 1: April 21 3:30-4:30pm
- Info Session 2: April 28 3:30-4:30pm

Mindful Monkeys Group - Mindful Monkeys is a physical and mental wellness program for youth ages 8-12 that helps support youth to be more active and learn healthy coping strategies to manage stress and anxiety.

- Online 3:30 – 5:30pm May 6 – June 24 (Thursdays)
- Info session: April 29 3:30-4:30pm

GLOW - GLOW (Girls Life of Wellness) supports young women and non-binary youth ages 8-14 in all five Dimensions of Wellness: physical, social, emotional, spiritual and environmental. During the program, youth meet in groups of 12-14 at the YMCA to have healthy skill-building discussions and participate in wellness activities.

- Online 6:00-8:00pm May 6 – June 24 (Thursdays)

Adult Mindfulness Group – Adult Mindfulness is a seven-week program for adults ages 31+ who are experiencing stress and mild to moderate anxiety. Participants will learn evidence-based strategies to increase coping. This group is led by trained mental health professionals and gives adults the chance to connect with others who are experiencing similar thoughts and feelings.

- Online 6:30pm - 9:00 pm May 11 – June 22 (Tuesdays)
- Info Session 1: April 20 6:30-7:30pm
- Info Session 2: April 27 6:30-7:30pm

Circle of Security Parenting - The Circle of Security Parenting group offers a weekly education program for parents and caregivers to improve the parent-child attachment. The program assists parents to better understand and respond to their child's needs and improve confidence in their parenting skills. This group is for parents/caregivers of children ages 0-5. The group is open to any and all caregivers (grandparents, separated parents, foster parents, etc.).

- Group dates and times TBD – please contact mentalwellness@kamloopsy.ca for more information.

Meditation for Beginners Workshop – Join Counsellor & Meditation teacher Jenna Nickle for an introduction to meditation workshop. Learn about the different types of meditation, try a few and learn how to incorporate it into your life!

- Tuesday April 6th 6:30pm register on eventbrite
<https://www.eventbrite.ca/e/meditation-for-beginners-tickets-145800155189>

Live Guided Meditation – Join us for a free 20-30 minute live guided meditation session led by Counsellor and Meditation Teacher Jenna Nickle.

- March 17, 24 & 31 6:00pm register for individual events on eventbrite
<https://www.eventbrite.ca/e/live-guided-meditation-tickets-140240873227>
- April 7, 14, 21 & 28 6:30pm register for individual events on eventbrite
<https://www.eventbrite.ca/e/live-guided-meditation-tickets-145799447071>

Registrations and referrals can be sent to mentalwellness@kamloopsy.ca or 250-319-6648.

Jenna Nickle *she/her/hers*
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Building healthy communities!