Dear Parents,

We are in the process of clarifying guidelines around bringing electronic devices (e.g. cell phones) to school. There are times our students are using them in class for a variety of purposes, typically something research related. Your support will be very helpful as we continue the conversation with your children on the appropriate use of these devices. We have asked students to not use electronic devices once they are on school grounds.

Screen Time Can Be Dangerous for Kids’ Mental & Physical Health

By: Nicole Beurkens

According to Beurkens, “One of top concerns raised by parents at my clinic is the amount of time children spend on electronic devices, and how to manage this issue without constant fights, arguments, and distress for everyone involved. While electronic devices and digital media have certainly improved our lives in many ways, research has shown that many problems can result from overexposure. As both a clinician and a parent, I see firsthand the numerous mental and physical health issues that can happen to children, teens, and young adults when they spend too much time in front of screens, and too little time engaged with the people and activities around them. There are many areas of health and function that can be negatively impacted” including:

Sleep Issues
Mental Health Problems
Physical Health Issues
Vision Issues
Poor Relationships, Communication Problems, and Social Disconnection
Academic Problems and Learning Challenges
EMF Exposure
There are many simple strategies and expectations parents can implement to reduce these problems, including:

- Reduce electronics use before bedtime
- Avoid electronics in kids’ bedrooms
- Spend less time overall on devices
- Take movement breaks periodically to avoid sitting for too long
- Monitor your child’s Internet use and social media accounts
- Look at the content and digital books together with young children
- Make sure time is spent on developmentally appropriate activities such as coloring, playing with toys, socializing with friends, doing outdoor activities, etc.
- Avoid holding devices close to the head for long periods of time

Congratulations to our Sr. Girls basketball team for closing the season with a win! We are very proud of the great accomplishments and commitment we are getting from our students, most of whom have to arrive at school for 8:00 am practices. We firmly believe in creating opportunities for all children to participate in athletic activities for the purpose of developing healthy lifestyles. Thanks to our coaches and volunteers devoting many hours of volunteer time for supporting sports at Nightingale.

We wish all of you a very enjoyable Spring Break!
PAY FEES ONLINE
We are proud to announce that we have gone online! You will now be able to pay via Credit Card, E-cheque or MyWallet (preloaded option, like a Starbucks or Tim Hortons gift card). You should have already got information that was sent home. Although we are still in the testing phase, please go ahead and create your profile online at https://vsb.schoolcashonline.com and click on “Get Started Today”. There may be nothing available but once you sign up, you will get notifications as items become available.

EMAIL: NIGAttendance@learn.vsb.bc.ca
(No reply email, for attendance purposes only)

THE BIG ONE in MAY
Just a quick note to parents that there will be a notice that is going home in April, for Parent Volunteers for the BIG Earthquake drill that is happening in May.

The Boy of the Three Year Nap: Written by Dianne Snyder, Illustrated by Allen Say
The Children from Division 10 have been working on retelling stories. One story the students really enjoyed was “The Boy of the Three Year Nap.” The story is set in Japan and tells of the struggles facing a poor widow and her adult son. While the widow works hard to make ends meet the boy only seems to care about eating and sleeping. The mother is constantly getting after her son to get a job until one day the boy comes up with a get rich quick scheme. His plan requires a disguise of a black kimono and a hat like a priest wears. The boy’s mother makes the kimono and hat which is used to scare a rich neighbour into doing all sorts of things to help the boy and mother out. In the end though it wasn’t only the boy that was making plans. The mother had plans of her own which were quite different from her son’s.

The children were very interested in the kimono in this story. Fortunately we have Kazuki Sugimoto in our class and both his parents were born in Japan. Kazuki was born in Canada and his parents moved here about seven years ago. Kazuki said that they had kimonos at home and his mother agreed to bring one in to show the children. We were not only treated with Mrs. Sugimoto bringing in a kimono for the children to see and touch but she also wore a special kimono to model for us. Did you know that the flowers on a kimono often tell you what season the kimono is to be worn? The kimono Mrs. Sugimoto brought in had cherry blossoms on it indicating that it was to be worn in the spring. The student’s from Mr. Canning’s class would like to thank the Sugimoto family for going out of their way to share a little about their culture and traditional dress.
DANCE WEEK – HIP HOP
Nightingale students had the opportunity to work with local dancer Jordan Fassina for a week of Hip Hop dance. Students worked on their groove, learned some new moves and had the chance to participate in freestyle circles. Jordan was thrilled with the participation levels of both students and staff! Each class showcased a few moves in a Friday afternoon sharing session. Thank you to those families who were able to attend and be part of the audience.

GRADE 6/7 SHADOW PUPPET SHOW
Thank you, Mr. Hartwick, Ms. Tufts and Ms. Maggie, for organizing the Shadow Puppet Show. Our grade 6/7s students worked very hard to integrate the folktales around the world and bring them to life through performance. It was very impressive to see how the students improvised and how skillfully they responded to audience questions. Well done!
GARDEN PREPERATIONS
In the fall the students from division 10 harvested the sunflower heads from our school garden. We wanted to collect the seeds for replanting this spring. Instead of picking the seeds out of the heads one at a times we used an ancient agricultural practice called wind winnowing. On a sunny afternoon with a slight breeze we went out to the school garden and began dropping the loosened seeds from one container to another. As the seeds fell through the air the wind would blow away the chaff and the heavier seeds would land in the container below. This practice cleans the seeds of unwanted material making for more accurate planting.
Once the winnowing was complete the children began counting the seeds of their harvest. We estimate that we harvested over 7000 seeds which is way more than we need for our garden. Look for a gift of sunflower seeds from the students of Div. 10 after the break.
SCHOOL WIDE PERFORMANCES

Dance Through the Ages
By Arts Umbrella

Zero Waste Heros
By Planet Protector Academy

Tupper Community Schools Team (TCST)

After-School Programs

Florence Nightingale
Spring 2019

Monday
Floor Hockey
Grades 3-5

Monday
Junior Chef
Grades 4-5

Monday
Superhero Training
Grades 1-3

Thursday
Mini Chef
Grades 2-3

Tuesday
Art
Grades 2-5

Thursday
Dazzling DIY
Grades 3-5

Thursday
Drumming
Grades 2-5

BROCHURES WILL BE SENT HOME APRIL 1ST

QUESTIONS? CALL 604-713-5706

OR VISIT OUR WEBSITE WWW.TUPPERCST.COM
After an unusually cold and snowy February, a busy month that included dance lessons, basketball games, Saleema Noon Body Science workshops, and most recently, a water main issue affecting the school, who isn’t looking forward to spring, some time off and warmer weather ahead?

The PAC wishes all Nightingale families and staff a safe, wonderful and relaxing spring break.

**New Date: Family Movie Night is Back on for Friday, April 5**

After an unfortunate, last minute cancellation of Family Movie Night last Friday, due to an emergency water main repair by the City of Vancouver, we are happy to share that Family Movie Night has been rescheduled to Friday, April 5 at 6:00 PM. As planned, we will screen Oscar-nominated short, Bao, followed by Moana. Admission is $2/person at the door and concessions are available for purchase throughout the evening.

*We would like to thank everyone for your understanding about last week's unavoidable cancellation. We know there were a lot of disappointed parents and kids last Friday and we hope you can join us instead on April 5.*

**Popcorn Sale, March 14 & 15**

Here’s a fun way to kick off spring break: POPCORN! **POP** by the PAC's popcorn table in front of the school at 3pm on Thursday and Friday this week and enjoy some Kernel's popcorn for $1/bag. Funds raised will go towards funding PAC initiatives such as last month’s Saleema Noon Body Science workshop, Hawk’s Night and more.

**Save the Date: Hawk Night happens June 7, 2019**

**We have a date!** Mark your calendars for Friday, June 7 for Florence Nightingale’s annual school carnival. **Hawk night** is free to attend and tickets can be purchased for food, games and entertainment. Enjoy bouncers, balloon twisters, face painting, carnival games, food and more.

**Hawk Night** is made possible only with the help of parents, students, friends and family. Pitching in for an hour would go a long way in helping make the event a success - and you still get to enjoy the event before or after. Please let us know if you can help by emailing Jenn Copley.

**Foodies and Food Champions Needed**

Are you into food? Do you know someone who is? Nightingale is in need of food champions to help at Hawk night. There are opportunities to help plan the menu, prepare food with others and serve at the event. Experience is not required, but would be an asset. Please contact Jenn Copley.
FROM PAC

We want to hear from you
Your Florence Nightingale PAC started this bi-weekly email newsletter in October 2018. As we speed past the halfway point of the school year, we’d love to hear from you on what you think about the newsletter and the content we share every two weeks. Your feedback is important.

Kindergarten placement letters
Offer for Kindergarten placements at Florence Nightingale school for the 2019-2020 school year were sent out by email on Friday, March 1. Please contact the school office at nightingale@vsb.bc.ca by 3:00 PM on Tuesday, March 12, 2019 if you wish to accept the placement.

A welcome to Kindergarten Event for all incoming Kindergarten families is scheduled for Tuesday, May 14 9:30am-12:00pm in the school library.

Eat pizza and help raise funds for the PAC
Fresh Slice on Main Street will generously donate a portion of sales to the Florence Nightingale PAC when you order pizza and mention Nightingale PAC. Now that’s what we call a win-win. Thank you Fresh Slice.

Easter Break, April 19 – 22
This year, Good Friday falls on April 19 and Easter Monday is on April 22. School is not in session for both days, so... Enjoy the extra long weekend!

Next PAC Meeting, April 25
Next PAC meeting is on Thursday, April 25 at 6PM. Please let us know if you'd like to join by phone conference.

Monthly PAC Meetings
As parents, you are all members of the Florence Nightingale PAC. We invite you to attend these meetings and hear from Principal Morgan and at times, guest teachers and speakers about what's happening at your child's school.

These monthly meetings are your best way to hear about and vote on various initiatives that have a direct impact on our children. These include budget spending, special events and fundraisers and to learn about VSB news and more.

Our next PAC meeting is scheduled for January 31 at 6:00PM. In case you're unable to attend our PAC meetings, you can find agendas and meeting minutes on our PAC website.

Free childminding is always available during PAC meetings.