

March/April 2022

École Capitol Hill

Principal - Mr. W. Kanno
Head Teacher - Mrs. C. Armstrong
Administrative Secretary - Ms. N. Leung

350 S. Holdom
Burnaby, B.C. V5B 3V1
Ph. 604-296-9006

Principal's Message

Dear Parents and Guardians,

Welcome back and I hope that you all enjoyed a wonderful Spring Break with your families! As we move forward into our last term for this school year, we are returning back to our schools with updated health and safety protocols from the Provincial Health Officer and the Ministries of Health and Education. The mandated wearing of masks by all students Kindergarten to grade 12 and all adults in our school buildings has been lifted and is now a choice for each one of us to make. We are awaiting further updates by the end of the second week of our return back to school. These are anticipated to include information on the lifting of number limits for school gatherings to potentially full capacity. Knowing how our entire world was totally turned upside down in March 2020 due to the COVID—19 Pandemic and the dramatic changes we have had to make in all of our lives, we are cognizant that returning to some normalcy may be a long and challenging time. I want to assure you all that we will look at these changes and ease back into them, to ensure that the well-being of each and everyone of us is taken into account. As we move forward, we will provide options for our students and their families to take part in our school activities at your comfort level as much as possible.

We will be looking forward to activities in the month of May where your children will have an opportunity to share their learning (traditionally our Student Led Conferences - more information to follow), as well as a modified Track Season for our grade 4-7 students, and a school "Sports Day". Please stay tuned as we move forward to finalize plans for these and other school events.

I am humbled by the spirit of our entire Capitol Hill School Community and the genuine care and kindness you have all shared! Please take care and as always, please give me a call if you have any questions or topics you would like to discuss with me.

Respectfully,
Wally Kanno
Principal

PAC Executive

Chair: Valentina Farley

Treasurer: Lilia Tsui

Secretary: Nelly Huang

DPAC Rep: Lark Maloff

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PLEASE NOTE:

FUTURE DATES AND INFORMATION IN THIS NEWSLETTER ARE SUBJECT TO CHANGE
BASED ON COVID-19 DEVELOPMENTS



MOVING?

If you are planning to move and will be transferring to a new school for September 2022, please email the office at:
capitolhillinfo@burnabyschools.ca
to let us know.

Vancouver spring weather can be very unpredictable. We are still requesting that families send an extra set of clothing in a labelled ziplock bag in case of emergencies—slipping outside on a wet day, or even a classroom “accident” or art project. This should include underpants, bottoms, socks and a top: all labelled with the child’s name.

Thanking you in advance as this will reduce the number of calls home for “clothing drop offs”.

STAY TUNED!

The Burnaby School District is looking into the return of extra-curricular sports—with **Track** coming later this month. More details to come!

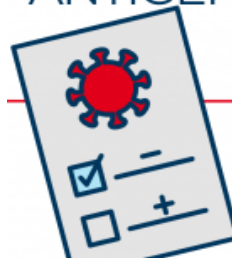


REMINDER:

Online payments for the next Hot Lunch cycle are due

BEFORE MONDAY, APRIL 4TH

RAPID COVID-19 ANTIGEN AT-HOME TEST KITS



As part of COVID-19 testing initiatives, the Ministry of Education has provided

one box of five rapid antigen test kits for each student. These kits were distributed to parents on Thursday, March 10th. Please note, if you were unable to pick up the rapid antigen test kit, please contact the school office to arrange a time to pick up your child’s test kit.



MASKS OPTIONAL

While this establishment no longer requires masks to enter, please be kind to those who choose to wear a mask.





Div. 5 Celebrates Mardi Gras



Div. 17 Garden Tower

École

HOW TO NURTURE A CHILD'S MENTAL HEALTH



Actively listen
before offering
your advice



Be patient



Share your
feelings and
validate theirs

Tremendoc



Surround
them with
healthy adult



Teach them how
to be safe



Reach out for
hugs



Practice relaxation
exercise together



Have schedule
family time



Model
Forgiveness



Respond calmly when their
emotions are elevated



Tell the truth



Believe in
them

COMMUNITY EVENTS:

BARRACUDAS
EST. 1959

2022 Registration Fee
and Swim Rubric

REGISTRATION DATES:

- February 28, 2022 **OPENS** online via ACTIVE.com app
- April 27, 2022 from 5pm - 7pm @ Central Park Pool

*New members must bring athlete's birth certificate or care card for proof of birth dates

FULL SWIM SEASON: MAY 1 - AUGUST 7

1 st child \$395.00 plus \$100.00 fundraising fee for book of raffle tickets	\$495.00
2 nd child \$395.00 plus \$100.00 fundraising fee for book of raffle tickets	\$495.00
3 rd and subsequent children \$300.00 each - exempt from raffle ticket book	\$300.00

BARRACUDAS BASICS: JUNE - JULY

1 st child \$150.00 plus \$100.00 fundraising fee for book of raffle tickets	\$250.00
2 nd child \$150.00 plus \$100.00 fundraising fee for book of raffle tickets	\$250.00
3 rd and subsequent children \$100.00 each - exempt from raffle ticket book	\$100.00

WATER POLO FOR REGISTERED 2022 BARRACUDAS SWIMMERS

12U and Under	Free
14U and Under	Free

WATER POLO: MAY - AUGUST

1 st child \$175.00 plus \$100.00 fundraising fee for book of raffle tickets	\$275.00
2 nd child \$175.00 plus \$100.00 fundraising fee for book of raffle tickets	\$275.00
3 rd and subsequent children \$175.00 each - exempt from raffle ticket book	\$175.00

MASTERS SWIM: JUNE - JULY

Exempt from raffle tickets	\$250.00
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2022 SWIM RUBRIC

JUNIOR PREP 1 Minimum Age 5 Red Cross Swim Kids Liquivalent, Level 1	JUNIOR PREP 2 Minimum Age 5 Red Cross Swim Kids Liquivalent, Level 6	JUNIOR Minimum Age 8 Red Cross Swim Kids Liquivalent, Level 8 *Should have completed swim responsibilities	INTERMEDIATE Minimum Age 9 Previous competitive swimming experience recommended	SENIOR Minimum Age 12 Previous competitive swimming experience recommended
ELIGIBLE SWIMMERS CAN: • Kick/bum on a board • Swim 25m unassisted • Swim butt stroke/over/ Front Crawl	ELIGIBLE SWIMMERS CAN: • Swim 10m unassisted • 25m Kick on Back/In • Swim 25m unassisted • 25m Front crawl/ Front Crawl with side breathing • 10m of Breaststroke/Whip kick	ELIGIBLE SWIMMERS CAN: • 50m freestyle/ front crawl with breathing every 3 strokes • 50m Backstroke/ back crawl • 25m Breaststroke with glides • 25m Dolphin kick • Swim 50m 1/2 p in water • Dogpaddle 30m • 50m Kick unassisted 120	ELIGIBLE SWIMMERS CAN: • Swim all strokes legally • Previous competitive swimming experience recommended • 100m proper starts and turns • Under 1:30 for 100m Freestyle • Under 1:45 for 100m IM	ELIGIBLE SWIMMERS CAN: • 400m Under 1:20 for 100m Freestyle • 400m Under 1:15 for 100m Freestyle • 400m Under 2:50 for 200m IM

Barracudas Parent and Family Volunteer Policy 2022

Post-Dated Cheque (August 15th 2022) for parent and Family Volunteer Policy must accompany registration forms. See Volunteer Policy Information Sheet for breakdown of applicable amounts. Cheques are held in Trust and upon completion of required volunteer hours.



REGISTRATION NOW OPEN

SUMMER 2022

14 WEEKS SPEED SWIM WATER POLO

\$495

**OUTSWIM
OUTPLAY
OUTWORK**

BARRACUDAS
EST. 1959 Summer Aquatics Club • Swimming • Water Polo • Diving

778-381-5920
www.burnabybarracudas.com

*New Barracudas Basics Swimmers develop their strokes- starts and turns STARTS JUNE 2022

COMMUNITY EVENTS:

Since 1993 **Royal Soccer Club**



SOCCER DAY CAMPS 2022



- * morning & full day sessions
- * before & after care available
- * July & August weeks
- * all kids aged 5 to 13

full refund 'no questions asked' until May 1, 2022

800-427-0536

royalsoccerclub.com

...more than just a soccer camp!

About Us

The **Royal Soccer Club** is a registered non-profit organization who takes tremendous pride in hosting summer day camps across Canada. For 30 years, we've hosted thousands of children aged 5 to 13 in our popular grassroots summer soccer day camp experience. We offer weekly full day and morning sessions during the summer months of July and August. Our program is about much more than just a soccer camp...we foster the development of individual skills, team building and other life skills...and of course, lots of FUN!

Who can Join

All children aged 5 to 13 years old (at time of camp) of any skill level, from never playing soccer before to competitive rep players are encouraged & welcome to register for any or all of our 9 weekly sessions in July and August.

* campers requiring 1 on 1 or extra attention must be accompanied by a support worker or additional supervision provided by the parent/guardian.

** for some older competitive rep players camp may not meet your expectations.

Camp Features

- * every child receives a camp soccer ball and t-shirt
- * excellent group ratios with RSC Certified Camp Staff
- * supervised drop off & pick up with optional extended care (SS)
- * engaging & inclusive instruction and activities
- * digital photos & other camp gear available for purchase



Our Staff



We are proud of the staff we hire for camp. Not only do our staff have experience with children and a background in soccer but they are passionate and committed to making a positive difference in the lives of every 'Royal' camper. All RSC staff must endure interviews, several training sessions and provide a police background check. Our caring and responsible staff foster a child-centered approach at our camps.

How to Register

Accepted payments: credit card (Visa, Mastercard, Amex) or e-transfer.



online 3 easy steps

- 1 Select your province from our [registration page](#) at [royalsoccerclub.com](#)
- 2 Sign in or setup an account and complete the online camp registration.
- 3 A confirmation email will be sent to you upon completion of registration.



mail/fax If you wish to register by mail or fax, please email info@royalsoccerclub.com for a registration form.

All camp registration fees are subject to a **full refund 'no questions asked' until May 1, 2022**.

To read the full cancellation policy, please visit our website or [click here](#).

Rates & Discounts

Full Day sessions			Morning sessions		
⌚ Hours: 9am - 4pm			⌚ Hours: 9am - 12pm		
Drop off: 8:30 - 9am Pick up: 4:00 - 4:30pm			Drop off: 8:30 - 9am Pick up: 12:00 - 12:30pm		
Extended hours available: (\$5)			Extended hours available: (\$5)		
Before care: 8-8:30am (\$15/camper/week)			Before care: 8-8:30am (\$15/camper/week)		
After care: 4:30-5pm (\$15/camper/week)			After care: 12:30-1pm (\$15/camper/week)		
Before and after care (\$20/camper/week)			Before and after care (\$20/camper/week)		
💰 Regular rate: \$209 /week			💰 Regular rate: \$129 /week		
*Week 5 (4 day week) is a reduced rate of \$179/week			*Week 5 (4 day week) is a reduced rate of \$109/week		
Discounts			Discounts		
early bird	register & pay by March 31, 2022	\$30 /week	early bird	register & pay by March 31, 2022	\$15 /week
June 1	register & pay by June 2, 2022	\$15 /week	June 1	register & pay by June 2, 2022	\$10 /week
6+ weeks	register & pay for 6 or more weeks	\$25 /week	6+ weeks	register & pay for 6 or more weeks	\$15 /week
*only 1 discount can be applied per camper			*only 1 discount can be applied per camper		

Key Policies

BALL/SHIRT: Campers will only receive 1 camp soccer ball & 1 t-shirt. If a camper attends 5 or more weeks of camp, they will receive a 2nd ball & t-shirt on their 5th week of camp.

INCLEMENT WEATHER: While camp will continue at designated shelter or indoor facility until inclement weather clears, soccer and active games will likely not be played indoors. There are no refunds due to bad weather.

LATE PICKUP: Pick up beyond 5:00 pm (for full day sessions) will be charged at \$10 per 15 minutes. We reserve the right to ask you to withdraw from camp for multiple late pick ups past 5:00pm.

TRANSPORTATION not provided: We do not offer pick up or drop off service, however, if camp must travel offsite for any reason, we will arrange bussing and your on-site supervisor will notify you.

To read all of our camp policies, visit our website or [click here](#).

Locations


📍 **Burnaby:** 2 locations

For the latest location details, including drop off details and information on other locations across Lower Mainland, visit the [LOCATIONS page](#) at [royalsoccerclub.com](#).

We're looking for...

- 📍 **Volunteers & Camp Counsellors**

SOCCER DAY CAMPS 2022



Since 1993

The **Royal Soccer Club** is a non-profit organization looking for volunteers and staff interested in an amazing opportunity to join our team for any camp weeks in July and August camp weeks. Candidates can apply by visiting the [STAFF](#) page on our website or [click here](#).

a perfect way to spend your summer outdoors

📍 **Burnaby:** 2 locations

For the latest location details, including drop off details and information on other locations across Lower Mainland, visit the [LOCATIONS page](#) at [royalsoccerclub.com](#).

800-427-0536 **royalsoccerclub.com**

COMMUNITY EVENTS:

2022 Spring & Summer Programs

Summer CAMPS

Details available Monday, March 14 at
[Burnaby.ca/WebReg](https://burnaby.ca/WebReg)

Kids learn and grow through play: creative arts, the challenge of games, sports and outdoor activities. The value of play to a child's growth is the foundation of our camps. Plan ahead, and check out our camps today.

Registrations begin at 10 am on:

APRIL 4

for Burnaby residents

APRIL 7

for general public

*Be
Active*

SPRING PROGRAM REGISTRATION NOW OPEN

This spring, we have great programs to keep you and your kids active, engaged and creative. Download our [Spring Program Guide](#) for Pro-D Day camps, Family Paint Night, dancing, kayaking, canoeing and more. Click on a program to view a full description on WebReg.

[Burnaby.ca/ProgramGuide](https://burnaby.ca/ProgramGuide)

Recreation centres

BONSOR	604-297-4597
BONSOR 55+	604-297-4580
CG BROWN	604-297-4520
CAMERON	604-297-4452
CHRISTINE SINCLAIR	604-320-2222
CONFEDERATION	604-294-1936
EDMONDS	604-297-4838
EILEEN DAILLY	604-298-7946
WILLINGDON	604-297-4526

Arenas

BILL COPELAND	604-297-4521
KENSINGTON	604-297-4535

Cultural facilities

BURNABY ART GALLERY	604-297-4422
BURNABY VILLAGE MUSEUM	604-297-4565
SHADBOLT CENTRE	604-297-4440



COMMUNITY EVENTS:

How to find camps online

1. Visit Burnaby.ca/WebReg, and select the age group you're interested in.
2. Click on:
 - the "Programs" tab at the top
 - age group under "Browse for courses"
 - "Camps"
3. Use the "Complex" filter in the top right to search programs by location.
4. Click on the "show courses" button of the program you're interested in to see all the details.

TIPS & TRICKS

- » You can also search for programs under Advance Search.
- » Enter a description under "Containing Keyword". Examples of keywords are "camp," "swim," "yoga," "dance" and "painting".
- » You can also filter results by selecting dates and days of the week.
- » Once you find programs you're interested in, note the program name so that you can find it easily again when registration opens.

HOW TO REGISTER ONLINE

It's easy. If you need to create an account, contact any Burnaby recreation, arts or cultural facility.

1. Find the course you want to register for.
2. Select the course you want and click "Add".
3. Login with your client number and family PIN.
4. Click on "Go to Checkout", and pay for your course.
5. If you want a receipt emailed to you, click on "My Account" at the top right of the page and click "Thank You" (under "Current / Future Registrations").

The screenshot displays the Burnaby.ca/WebReg website interface. At the top, there are navigation tabs for "Start", "Programs", and "Memberships", along with a "Cart (0)" button. Below the navigation, there is a "Barcode Search" section with a text input field for "Enter barcode number". To the left, an "Advanced Search" sidebar is highlighted with a red box. It includes a "Currently searching:" dropdown set to "Adults", a "Containing Keyword" field with "camp" entered, a "Whole word only" checkbox, and date selection options for "Start date between" and "Days of the Week" (with "All" selected). Below this is a "Registrant's age" section with "Yrs." selected. On the right, a "Course" section is highlighted with a red box, showing a "Complex" dropdown menu set to "(All)". Below this, three course listings are visible: "Abstract Painting: Form & Texture", "Access - Social Club", and "Acrylic Painting - The Palette Knife", each with a "Show Courses" button. At the bottom, the "Active Aging Fitness Cameron" listing is partially visible.

COMMUNITY EVENTS:

2022 feature programs

BENEFITS OF GETTING OUTDOORS

Getting outside builds confidence, promotes creativity and imagination, teaches responsibility, and gets kids moving. Here are just a few of the cool outdoor programs available this spring.

PROGRAMS FOR CHILDREN

Outdoor Adventure Club

8-12 years | Starts April 22

Heighten Your Hiking Skills

10-14 years | April 26

Kids & Canoes

8-12 years | Starts April 23

Outdoor Photography: Smartphone Workshop

Pro-D Day

8-12 years | April 25

Youth Kayaking

10-14 years | May 1

[Burnaby.ca/Children](https://burnaby.ca/Children)

Be in the know

Be the first to learn about programs and activities at our recreation facilities. Sign up for **eNews**, or follow us on:

 [recreationburnaby](https://www.facebook.com/recreationburnaby)
 [@burnabyparksrec](https://twitter.com/burnabyparksrec)
 [burnabyrecreation](https://www.instagram.com/burnabyrecreation)



PROGRAMS FOR PRESCHOOLERS

Hike Hike Baby

1-24 months with adult | April 13

Frogs & Friends

3-5 years with adult | April 23

Outdoor Explorers

4-6 years with adult | May 27

[Burnaby.ca/Preschool](https://burnaby.ca/Preschool)

FAMILY WORKSHOPS IN THE PARK

Spend time with your family creating fun, exciting projects! Each workshop has a different theme and includes all supplies.

Mason Bee Hotels | March 26 & April 23

Spring Centrepiece | April 9

Fairy Gardens | May 7 & June 4





Orienteering | May 14

Register at [Burnaby.ca/WebReg](https://burnaby.ca/WebReg)

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	Div. 15 Vancity Financial Literacy Virtual Workshop 9:15am	6	Div. 8 Woodworking Workshop	Div. 8 Woodworking Workshop	9
10	11	12	13	14	15	16
					 GOOD FRIDAY School Closed	
			VIRTUAL PAC MEETING 6:30pm			
17	18	19	20	21	22	23
	Closed Easter Monday 	Div. 15 Ocean Wise Virtual Field Trip 9:15am				
24	25	26	27	28	29	30
	pro-d day  NO CLASSES			Class Photos  PICTURE DAY		

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3  Kindergarten and Gr. 1	4	5	6	7
8 	9	10	11  PAC Meeting: 6:30pm (via zoom)	12	13	14
15	16	17	18 Div. 10 Woodworking Workshop	19	20 Gr. 6/7 Vaccinations (pm)(not COVID)	21
22	23  School Closed	24	25	26 Div. 10 SFU Fight/Flight (virtual) 1pm	27	28
29	30	31	