

École Capitol Hill



Principal's Message



PAC Executive

Chair: Valentina Farley

Treasurer: Lilia Tsui

Secretary: Nicole Macdonald

Member at Large: Lark Maloff

DPAC Rep: Karla Barajas

<http://capitolhill.sd41.bc.ca>

Principal - Mrs. J. Carson
Head Teacher - Mrs. C. Armstrong
Administrative Secretary - Ms. N.

350 S. Holdom
Burnaby, B.C. V5B 3V1

Dear Families;

Pink Shirt Week was an amazing success this year! There were many activities throughout the school that highlighted ways we can spread kindness, acceptance and celebrate the diversity our community has to offer. Beyond Pink Shirt week each year, we continue to focus on the importance of positive social interactions with our students as a part the Core Competencies within the BC Curriculum. The Core Competencies are sets of intellectual, personal, and social and emotional proficiencies that all students need in order to engage in deep, lifelong learning.

All parents want their child to grow up to be a successful member of society, and to this end, at times our energy, and emphasis is disproportionately placed on the academic and intellectual areas of a child's growth and development opposed to the personal and social-emotional areas of development.

Educational research has proven that the best predictor of future success for children is their EQ, or Emotional Quotient.

Emotional intelligence, or EQ, is person's ability to understand, use, and manage their own emotions in positive ways to effectively communicate, empathize with others, manage stress and overcome challenges and defuse conflict. Perseverance, grit and resiliency are shown to have a large part to play in raising children who successfully contribute to society.

IQ (intellectual quotient) as well as academic achievement play a role in future success but have been shown to be less impactful than many people realize. Additionally, unlike IQ, EQ is not an inherent ability, but rather something that can be learned and fostered over time. Interestingly, students with a higher EQ, also tend to do better on achievement tests.

With student progress reports coming home after the Spring Break, I encourage you to spend time reflecting on the aspects of the report that speak to how your child is doing in their personal and social interactions at school. Oftentimes parents will get caught up in the proficiency scale ratings, and whether their child got an 'emerging' versus 'developing' versus 'proficient' versus 'extending'. It's important to understand how they are doing in all aspects of their learning, especially the aspects that speak to their EQ proficiencies.

With gratitude,

Ms.Carson
Principal

BACKWARD DAY for KIDS



March Mayham

March 9th will be our **March Mayham** Day! This is also known as Inside Out Day or Backwards Day! We are encouraging students to have fun while participating by wearing their clothes inside out or backwards.



Grade **6** and **7's** will be participating in a Survival Skills Workshop on **March 6th** and **7th**. Students will learn the basics of staying safe outdoors. They will play their way to learning about how to be prepared, avoid getting lost and what to do if they are lost. They will learn preparedness, hanging a tarp shelter, water filtration and building a safe campfire.



March 29th

Spring Break!

Enjoy your Spring Break!

March 13th—24th

The school will be closed during these days, and the students will return to school on Monday March 27th.

If you are planning on having an extended Spring Break and your student will not be attending a regular school day please inform the office by leaving a message on the absence line.



**Happy St. Patrick's Day
March 17th**



**INTERNATIONAL
WOMEN'S
DAY
March 8th**

Community News

Future Entrepreneurs



Entrepreneur Fair

Div. 5 has been producing the following items :

- Art Keychains
- 3D Printed Key Chains
- Bookmarks
- Slime
- Flyers
- Phone Cases

They will be selling these items during the Entrepreneur Fair on March 10th.



SPCA Presentation—Kindness Counts

On **Monday March 6th**, the SPCA will be coming to the school to present to Div. 14 and 15 from 11:00am-12:00pm

POPCORN FRIDAYS

Our PAC has organized a Popcorn Fundraiser.

Every Friday there will be a popcorn sale.

(or Thursday's if the Friday is a Pro-D Day)

Remember to bring \$2 to grab a bag of popcorn.



On **Monday March 6th** the Grade 7 Course Selections for Burnaby North will take place.



Capitol Hill students have a huge area to play at recess and lunch. Sometimes the fields are wet, or areas are slippery. Please ensure that there is a spare change of clothes in your child (ren)'s classroom. This includes:

- Socks • Shirt • Pants
- Undergarments

Having these items in the classroom will reduce the number of outgoing calls and interruptions at home or work for parents. Thank you.



March, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 DRA Lunch and Learn	3 DRA Lunch and Learn World Wild Life Day	4
5	6 Gr. 6/7 Survival Skills Workshop Gr.7 Course Selection (Bby North)	7 Gr. 6/7 Survival Skills Workshop	8 Liz Merkel Reading Div.8 Relay Education Workshop International Womens Day	9 Liz Merkel Reading Inside out/ Backwards Day	10 Div.5 Sale Day	11
12	13	14	15	16	17	18
<p>READY, SET... SPRING BREAK!</p>						
19	20	21	22	23	24	25
<p>READY, SET... SPRING BREAK!</p>						
26	27 First Day Back!	28	29 Class Photos  PICTURE DAY	30	31	

2023

* Please Note: Calendar, dates and times are subject to change