



M.V. Beattie
Elementary
June Newsletter

June, 2025
[Check out our
Website](#)

Wildcat Newsletter

It is that time of year when our students and staff take advantage of the spring weather and hit the trails. We have so many field trips in the final two months: both local “walking trips” and those that take us by bus to nearby places for exploration. Recently, we have had students go to Vernon Science Centre, The Wildlife Centre, Kingfisher, the Enderby reservoir, and to the Shuswap river.

Soon some of our students will head to Salmon Arm for a variety of adventures. I am always happy to see the smiling faces as they return from a hike or from a bus trip. Even when the weather doesn't always cooperate, our students always seem content to take their learning outdoors.

Dear Parents and Caregivers,

At MVB, we believe that the most meaningful learning happens when school and home work together in partnership. As your school principal, I want to emphasize how much we value your role in your child's education and well-being.

We are committed to building strong, supportive relationships with families—because when we work as a team, students thrive. Whether it's through open communication, shared goals, or mutual support, we know that collaboration between school and home creates the best possible environment for student success.

Please know that my door is always open. I look forward to working alongside you to support your child's growth, learning, and happiness.

Thank you for being an essential part of our school community.

Warm regards,

Ms. Mishel Quaal

mquaal@sd83.bc.ca

Upcoming Events

May

Swimming Lessons start

June

2nd Soup Day for Div. 4

3rd District Track Meet

4th Bake Sale

4th Div. 2 & 7 Air House
Kelowna

6th Myra Canyon Trip
Div. 1, 2, 3

9th Soup Day for Div. 5

9th – 11th Eagle Bay

12th Library Summer
Reading presentations

13th No Strong Start today

13th Bike safety Presenta-
tions

16th PAC Mtg 2:30

17th Div. 6 & 7 Field Trip
to Salmon Arm

19th Div 4 & 5 field trip to
Salmon Arm Pool and
Bowling

20th Recognize National
Indigenous Peoples Day

23rd Grade 6 Celebration

23rd Spirit Day – Formal
Day

24th Kindy Celebration

24th Grade 6 ALF orienta-
tion

25th Fun Day

26th Early Dismissal Day
– 4 hours early.

A Gentle Reminder: Supporting Your Child's Education Through School Fees

Dear Parents and Caregivers, as we continue our journey through this academic year, we would like to take a moment to remind families who have not yet settled their school fees of the vital role these contributions play in supporting your child's education.

School fees are more than just a financial obligation—they are an investment in your child's future. These funds directly support:

Learning Materials and Resources: Providing textbooks, technology, and classroom supplies that enrich the learning experience.

Extracurricular Activities: Offering opportunities for growth beyond the classroom through sports, arts, and clubs.

We understand that financial challenges can arise, and we are here to support you. If you are experiencing difficulties, please don't hesitate to reach out to our administration office to discuss flexible payment options or assistance programs.

Your partnership is essential to success. By fulfilling your school fee commitment, you help us continue to provide the high-quality education every student deserves.

Thank you for your continued support and dedication to your child's learning journey.

Warm regards,

Ms. Quaal

E-transfer continues to be a great method for payment, but please remember to put your child's first and last name in the memo.

Cheques are payable to M.V. Beattie Elementary School.

A financial hardship policy is in place at M.V. Beattie Elementary School for families unable to afford school fees. If circumstances do not permit payment, please contact Ms. Quaal mquaal@sd83.bc.ca Principal, to make arrangements.

The initiative to compile a Wildcat Cookbook for the 2025-2026 school year is a fantastic way to celebrate community recipes and foster a sense of togetherness.

To contribute to the cookbook, families are encouraged to send their recipes via email to mvb@sd83.bc.ca with "Wildcat Cookbook" in the subject line. Additionally, donations of t-towels, dish cloths, aprons, cutlery, and oven mitts are welcomed to support the program's activities.

For more information or to get involved, please contact the school directly.

Student Medication at School

Please reach out to the office for support.

For Safety, all student medication must be secured at the office.

Wild Animal Safety

Please remember to keep your eyes open for bears,



raccoons and other wild animals. They have been spotted close to our school.

MVB Swimming Program

Here is a look at the upcoming schedule for each of our divisions. With any luck you have received, signed and returned your permission/ information form. If you have yet to see a copy (lost in a cavernous backpack, etc.)... please contact your child's teacher to request a new copy.

Date	Time	Division
<u>May 27th -30th</u>	9:30-10:00	Kolotylo
	10:00-10:45 (45)	Huntington
	10:45-11:30 (45)	Easthope
	12:00-12:45 (45)	Lucas
June 3 rd -6 th	9:30-10:00	Egan
	10:00-10:30	Shinoda
	10:30-11:00	Luxton
	11:00-11:30	Jones
	12:00-12:30	Pratt
June 10 th – 13 th	9:45-10:15	Dell
	10:15-10:45	Gadicke
	10:45-11:30 (45)	Reimer
	12:00-12:45 (45)	Hall

Dear Parents and Caregivers,

At MVB, we are committed to creating a safe, respectful, and focused learning environment for all students. One of the growing challenges we face in achieving this goal is the distraction and social drama caused by cell phones and personal digital devices.

To support student learning and well-being, we remind families that:

- Cell phones are not permitted during school hours or on school-organized field trips and events.*
- In line with Ministerial Order 89/2024 and Policy 122: Digital Citizenship, students in elementary schools are encouraged to leave personal digital devices at home.*
- If a device must be brought to school, it must be stored securely, out of sight, and not on the student's person. Devices are not to be used during school hours.*

Cell phones can significantly disrupt classroom focus, contribute to social conflicts, and prevent students from fully engaging in learning and meaningful experiences. By limiting their use, we help students build stronger connections, reduce distractions, and stay present in the moment.

Thank you for your continued support in helping us foster a positive and focused learning environment at MVB.



Dear Parents, Caregivers, and/or Guardians,

M.V. Beattie Elementary School is pleased to announce that we will be participating in a pilot expansion of the Souper Meals program.

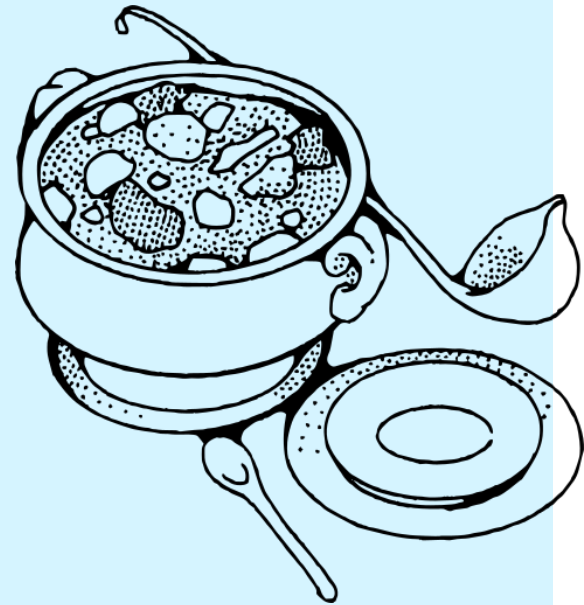


This program is funded by Feeding Futures (government funding for school food programs) and donations to Shuswap Food Action Society (SFAS). It operates on the principle that everyone is welcome, and no one will be turned away, even if you are not able to contribute.

For families who would like to contribute, there is a link on next page (a suggested donation of \$20/month, or \$3/meal), or you can drop off cheque/cash to office.

Parents/Caregivers/Guardians are also welcome to join us on meal days to check it out! We will also have cold sandwiches available as an alternative option.

SFASs supports local & purchases directly from over 30 local farmers and businesses!



If you would like to make a tax-deductible donation to the Souper meals program, you can do so at
<https://my.charitableimpact.com/groups/soupermeals>



"My child doesn't like soup/hot entree."

If you are worried about your child not liking the lunch, feel free to send an extra snack. Gaining comfort around new foods is one of the goals of the program. Our experience has been that when surrounded by friends and peers many students will try food, even if they don't like these items at home.

"My child has food sensitivities and/or restrictions."

Ingredient lists for all of our soups and entrees are available upon request. We can accommodate vegetarians and gluten or dairy intolerance with advance notice. If you **do not** want your child to participate, please notify the school.

Please send Plastic a fork, spoon and bowl!!



Growing Minds and Gardens: A Tribute to Our School Gardening Program

There's something magical happening just beyond the classroom walls—where soil meets sunlight and learning takes root. Our school gardening program has blossomed into a vibrant, hands-on learning experience, thanks to the unwavering dedication of two extraordinary volunteers.

These amazing individuals have poured countless hours into transforming our garden into a living classroom. From planning and planting to weeding and watering, their passion for gardening and education has created a space where students not only learn about nature, science, and sustainability—but also about patience, responsibility, and teamwork.

Their efforts have turned the garden into a thriving hub of activity. Students eagerly roll up their sleeves to plant seeds, observe pollinators, and harvest the fruits (and vegetables!) of their labor. The garden has become a place of discovery, where lessons come alive and curiosity is cultivated daily.

We also extend our heartfelt thanks to the dedicated teachers who support this program. Their enthusiasm and collaboration ensure that gardening is woven into the curriculum in meaningful ways, enriching student learning across subjects.

Together, our volunteers and teachers have nurtured more than just plants—they've nurtured a love of learning, a respect for the environment, and a sense of community that will continue to grow for years to come.

Summer screen time....

Flip the Script: Start with a Family Kickoff Meeting -Instead of launching summer by laying down rules like a tech tyrant, start with excitement. Frame screen time as just one piece of an incredible season you'll create together.

Kick things off with a family summer meeting. Make it fun: grab snacks, play music, call it the "Summer Kickoff Summit." Gather around a big sheet of butcher paper or a whiteboard and ask: "What would make this summer amazing?" Let each family member share their must-dos, wild ideas, and small joys. Maybe it's: Hiking a new trail, Baking through a cookbook, Doing a "movie marathon Monday", Stargazing in the backyard, Trying every boba flavor at the local shop. As ideas fly, create a giant visual Summer Bucket List and hang it where everyone can see it. This becomes your shared roadmap, and it doubles as a natural screen time balancer. You're not taking devices away; you're adding meaning and memory-making to the mix. When kids help shape the summer vision, they're far more likely to get on board with screen boundaries that support it.

Ditch Guilt. Design What Works for Your Family

Ignore the "perfect" family online who appears to spend summer churning butter and reading classics in a sunbeam. Real families have work schedules, competing needs, and sometimes need a moment of peace. There's no universal "correct" amount of screen time. What matters more is: Sleep, Physical movement, Face-to-face social connection, Family rhythms and rituals, If those pillars are present, you're probably doing better than you think.

Decide what's realistic for you, not what looks good online: A screen-free morning? A tech-free dinner table? Two hours a day of video games after chores?

Great. You're designing a plan that honors both boundaries and your bandwidth.

Name the Tradeoffs Without the Blame

Instead of framing screens as the enemy or your child as the problem, shift the conversation to opportunity cost—what they miss when screens take over.

Most kids and teens don't resist limits just to be difficult. Often, they don't realize how quickly time vanishes—or how much more fulfilling something else might feel.

Ask them to notice how they feel after long periods online. Are they energized or drained? Bored or inspired? This isn't about banning fun—it's about balancing it with real-life moments that stick.

Try saying:

"You don't have to give up gaming. I want to make sure you have time for other things you care about, too."

"Let's notice how we feel after we've been online for a while. Does it feel energizing, draining, calming, boring?"

"I want this summer to be full of stuff that makes you feel strong, creative, or connected. Screens can be part of that, but not all of it."

You're not villainizing their favorite app. You're guiding them to pay attention to their choices—and how they shape their days.

Set Boundaries That Are Flexible but Firm

Kids need boundaries to feel safe, but also agency to feel respected. The key is to co-create simple, easy-to-remember limits that don't require constant nagging.

Boundaries you can set together: **Tech-free zones:** Bedrooms, dinner table, bathrooms, car rides, **Tech-free times:** Mornings, mealtimes, last hour before bed

Daily time limits: 1–3 hours a day, depending on age and your family's routine

"Screen tickets" or tokens for self-monitoring (great for younger kids)

"Contribute first, screens after" routines to promote balance



Bonus Tip:

Let kids help enforce the rules. Teens can track their own time. Younger kids can move a clip or token to track usage. This builds executive functioning and reduces battles.

Fill the Day with Better Alternatives (Treehouses Welcome!)

Removing screens without providing options sometimes leads to complaints. But remember: boredom isn't the enemy—it's often the birthplace of creativity. Still, some scaffolding helps. Your job isn't to entertain, but to create space, opportunity, and permission for meaningful offline engagement. Think of ways to translate digital interests into real-world fun. A Minecraft lover might try LEGOs, drawing maps, or learning architecture. A YouTube-obsessed teen might try making their own videos or designing stop-motion stories. You can also spark curiosity with low-pressure activities: Start a **"30-Day Family Challenge"** (e.g., cook something new, go tech-free for an hour), Build something together: a birdhouse, a Rube Goldberg machine, a backyard maze, Hold themed days: "No-Boredom Bingo," "Bookstore Friday," or "Try Something Tuesday", The key is to make offline fun more accessible and inviting—without making it feel like a punishment.

Use Screens as a Bridge, Not a Barrier

Screens can be isolating—or they can be connective. It all depends on how we use them. When you engage with your child in their screen world—not just manage it—you shift from enforcer to ally.

Try this: Co-view a show or YouTube series and talk about it afterward, Join them in a video game and let them teach you, Watch a cooking or craft video and try it together, Let them create with tech—stop-motion videos or digital art, When tech becomes something you do with your child—not just something they disappear into—it loses its power to divide.

Talk About What Screen Time Feels Like

Most screen time advice focuses on behavior. But what about emotion? Summer can heighten anxiety, social comparison, and low self-worth—especially if kids are spending more time online.

Start conversations like: "How do you feel after you spend time on [app/game]?", "What makes you want to keep watching even when you're tired?", "Are there any online spaces that make you feel more confident? Less?", Help your child become a better observer of their own experience. Self-awareness is the first step to self-regulation.

Have a Plan for Pushback

Yes, there will still be pushback. Especially in week 1. Common phrases and how to respond:

"That's not fair!" □ "Let's talk about what feels fair and why this boundary matters to both of us."

"You never let me do anything!" □ "I want you to have fun and freedom, and I also want your brain and body to feel good. Let's find the balance."

"But all my friends are online!" □ "That makes sense. Let's find time when you can be online with them—and time to recharge offline."

You don't need to win every argument. You just need to hold steady enough to help your child adjust.

Embrace Imperfection—and Take Breaks Without Guilt

Let's say it out loud: Some days, your kid is going to be on a screen a lot. That doesn't mean you failed. It means life happened. Maybe you needed a quiet morning to get work done. Maybe the weather ruined your plans. Maybe you were just tired. You are allowed to use screen time as a tool—not a crutch, but a strategy. Look at the whole week, not the worst day. Are your kids:

Sleeping? Moving? Laughing? Connecting? Then trust yourself. You're doing great.

Your job isn't to eliminate screens. It's to create the conditions where screens fit into a life full of meaning, movement, rest, and connection.

And that starts now—with one conversation, one boundary, and one bucket list item at a time.

School Fee Payment

We are ready to receive your School Fee or Field Trip payments.

E-transfer continues to be a great method for payment, but **please remember to put your child's first and last name in the memo.**

Cheques are payable to M.V. Beattie Elementary School.

A financial hardship policy is in place at M.V. Beattie Elementary School for families unable to afford school fees. If circumstances do not permit payment, please contact Ms. Quaal mquaal@sd83.bc.ca Principal, to make arrangements.

Parent Advisory Council Meetings

At M.V. Beattie, we have been very fortunate to have many parent and community volunteers. Think about joining the P.A.C. and be sure to find them on Facebook. The next P.A.C. meeting is June 16 at 2:30 in the N.O.L. room.

Criminal Record Checks

Please call the school for your online access code
for online criminal record checks.

Online Link: <https://justice.gov.bc.ca/criminalrecordcheck>

School Volunteers – Criminal Record Checks (CRCs)

Any volunteers in schools (coaches, drivers, etc.) are required to have a Criminal Record Check completed before they are allowed to volunteer with your school.

****As of the 2024-25 school year, Police Information Checks will no longer be accepted****

There is no charge for Volunteer CRCs through the Criminal Records Review Program (CRRP).

Volunteer Drivers

A reminder that both staff and parents are required to follow the new district policy prior to being able to transport our students. The following documents are needed to help out as a volunteer driver: •A copy of a valid Driver's Licence •A copy of your Driver's Abstract •A copy of the Vehicle Registration •A copy of the vehicle's Insurance

Thanks again for taking the time to complete this process!



Grade 6 Parents/ Caregivers/ Guardians,

Did you get your Grade 6 email from A. L. Fortune? A.L. Fortune Secondary School
500 Bass Ave, Enderby BC, Tel: 250-838-6431 alf@sd83.bc.ca

Please reach out to A.L. F. if you did not get a Grade 6 "Welcome to ALF"
orientation June 24th. Please contact ALF.