



*Respect Enables  
All Learners*

## KAY BINGHAM ELEMENTARY SCHOOL

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May 2, 2023

Dear Parents,

Hard to believe that we are in the final two months of the school year. It has gone by so quickly and the next few months will be busy ones as we approach summer.

We hope that as we near the end of the school year, we will have the opportunity to gather a little more. Look for mug 'n muffin dates, BBQs, track meets, games night, etc., as the weather becomes brighter and warmer outside.

As always, please continue to use the revised Daily Health Check which includes updated guidance to staff, parents, and students. [Daily Health Check and What to Do When Sick](#) .

*Ms. Rosie Caputo, Principal*

### **ROTARY STUDENT OF THE MONTH**

Elaina Leitch (Div. 12) was selected as Aurora Rotary's Student of the Month for April 2023. She was honored at a Rotary meeting this past month, and she was a true ambassador of citizenship and leadership to represent our school. We congratulate Elaina on this award and commend her for her leadership and service that she displays in our school.

### **MOOSE HIDE CAMPAIGN DAY**

The Moose Hide Campaign is a grassroots movement of Indigenous and non-Indigenous men and boys who are standing up against violence towards women and children. The inspiration for the campaign came to co-founders Paul Lacerte and his daughter Raven in 2011 during a moose hunt on their traditional Carrier territory along the Highway of Tears in Northern BC – where so many women have gone missing or been murdered. Our school will be taking part in this virtual event. Students will bring home their moose hide pins that day.

### **STUDENT AND FAMILY AFFORDABILITY REFUND PROCESS**

Over the next few weeks, the District Board Office will be processing reimbursements for online payments, if you agreed to receive a rebate from the Student and Family Affordability Fund you may see it applied to your account or refunded to you. Questions can be directed to Marie McGivern at the School Board Office at (250)377-2554.

### **KINDERGARTEN REGISTRATION**

We are still accepting registrations for Kindergarten for this coming September. General information can be found on the [SD73 website here](#). In order for registration packages to be accepted as complete they must include birth certificate, BC Services card, and proof of address (utility bill, rental lease, house purchase).

As we prepare for Kindergarten registration, there are a few things to keep in mind:

- If you have an older child attending KBES, and would like a package, please contact the school office and a package will be sent home with them
- All completed packages must be dropped off by appointment only
- If there are any questions, please contact Mrs. Bonderud in the school office

### **PAC STUDENT OF THE MONTH**

Once again, PAC is sponsoring a *Student of the Month* program. Each month, a student who exemplifies the ROCKS traits will be recognized from each class. Then a winner is randomly chosen from each pod. Congratulations to our class winners for February, for doing such an amazing job being **Respectful, Organized, Cooperative, Kind, and Safe!** Pod draws will take place at our next assembly.

Div 001-Liam Ward

Div 002-Saphira Kent

Div 003-Everly Goetz

Div 004-Shivaansh Vaidvan

Div 005-Khalea Champagne

Div 006-Izzabella Cole

Div 007-Kaylee Sanders

Div 008-Sam Horton

Div 009-Kyla Stewart

Div 010-Rylan Fraser

Div 011-Seth Eustache

Div 012-Robert McClennan

Div 013-Dayton Tremblay

Div 014-Riley Worgan

### **PAC**

Our very small, yet dedicated, PAC group works tirelessly to ensure classrooms and programs are supported through their generosity. Thank you for making the following requests possible:

- LadyBug Life Cycle Kits
- Caterpillar Life Cycle Kits
- Buses for field trips

As always, all parents/guardians of children at our school are members of our PAC and are encouraged to become involved in our school PAC. The next meeting is May 11<sup>th</sup> at 6PM.

### **KAMLOOPS YMCA-YWCA**

We are gearing up again to run our mental wellness groups for all. Most groups will be in-person at the John Tod Y Centre, and some will remain online for now.

Y Mind Youth – Y Mind Youth is a free 7-week psychoeducational 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. This group will run online.

*Program Dates: Thursdays May 4 – June 15 from 6 pm - 8:30 pm*

*Info Session 1: Thursday April 20 at 6 pm*

*Info Session 2: Thursday April 27 at 6 pm*

Y Mind Teen – Y Mind Teen is a 7-week 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. This group will be run in-person at the John Tod Y.

*Program Dates: Wednesdays May 3 – June 14 from 6 pm – 7:30 pm*

*Info Session 1: Wednesday April 19 at 6 pm*

*Info Session 2: Wednesday April 26 at 6 pm*

Y Mind Adult – Y Mind Adult is a 7-week program for adults 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. This group will be run at the John Tod Y.

*Program Dates: Tuesdays May 2 – June 13 from 6 pm – 8:30 pm*

*Info Session 1: Tuesday April 18 at 6 pm*

*Info Session 2: Tuesday April 25 at 6 pm*

Mindful Monkeys - 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. We will be offering two Mindful Monkeys group this spring and they will both run in-person at the John Tod Y.

*Program Dates: Saturdays April 29 – June 24 from 10 am – 12 pm OR*

*Saturdays April 29 – June 24 from 1:30 pm – 3:30 pm*

GLOW - Our GLOW (Girls' Life of Wellness) group helps support young women and non-binary youth ages 8 – 12 in all five dimensions of wellness: physical, emotional, social, spiritual and environmental. During the program, participants meet in groups to have healthy skill-building discussions (eg. body image, healthy relationships, setting boundaries, puberty, morals/values, etc) and participate in wellness activities. This group will be run in person at the John Tod Y.

*Program Dates: Wednesdays April 26 – June 14 from 6 pm – 8 pm*

Prenatal Wellness Group – a free 8-week support group for expecting parents. Participants will learn coping strategies including meditation, mindfulness and self-compassion tools to use during labor and the first years with their new bundle of joy. The group will also include a time to connect, ask questions and meet other expecting parents.

*Program Dates: Wednesdays May 3 – June 21 from 6 pm -7:30pm*

If you have any questions, are looking for more information or would like to register for any of the programs, please feel free to connect with our Program Coordinator Riley at [250-376-4771 ext.122](tel:250-376-4771) or email us at [mentalwellness@bc.ymca.ca](mailto:mentalwellness@bc.ymca.ca)

## **TRACK AND FIELD MEET**

On May 9<sup>th</sup> and 10<sup>th</sup>, intermediate students will be participating in track and field events beginning at 8:30am on both days. Events will run until completed. Parents are welcome to attend and cheer their children on.

## **JUMP ROPE FOR HEART**

Kay Bingham Elementary will once again be hosting a Jump Rope for Heart event! Kick off day is MAY 4th.

At home, students are encouraged to practice and jump any way they can:

- They can use their own jump ropes;
- They can draw hopscotch on their driveway;
- Play basketball or another sport that involves jumping or increasing their heart rate;
- See how many times they can jump or how high they can jump;
- Or Be Active in some way that works for them.

Forms will be coming home soon, and will provide information regarding donations for the event. This is a really great cause, and one our families have fully supported for years!

Please watch for pledge forms and prize information coming home later this week.

## **MyEdBC MESSAGES**

One of the platforms that SD73 uses to send out email and other messages to parents is MyEdBC. Unfortunately, it has come to our attention that Hotmail email accounts filter out any MyEdBC messages. We would ask that if you have a Hotmail account that you currently use for school and district messaging, that you provide the school with an alternate email address to not miss out on any important messages. We have been informed that Gmail accounts work fine with this platform.

## **CALENDAR EVENTS**

Following on next page.



# MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> Jump Rope for Heart kickoff	<b>5</b>	<b>6</b>
7	<b>8</b>	<b>9</b> Kindergarten Orientation 10:30am Track Meet 8:30am (field)	<b>10</b> Track Meet 8:30am (track events)	<b>11</b> Moose Hide Campaign Day  PAC Meeting 6PM	<b>12</b> Popcorn Day	<b>13</b>
14 Mother's Day	<b>15</b>	<b>16</b> Orange Shirt Day  Literacy Games Night 4-6pm	<b>17</b>	<b>18</b> Kelly/Henry @McQueen Lake	<b>19</b> Non-Instructional Day School Closed for students	<b>20</b>
21	<b>22</b> Victoria Day- School Closed	<b>23</b>	<b>24</b> Zone 3 track Meet @ Hillside Stadium	<b>25</b> Mug 'n Muffin Day Spirit Day: Book Character	<b>26</b> PAC Hot Lunch Wishnowski/Johnston@ Isobel Lake	<b>27</b>
28	<b>29</b>	<b>30</b> Jump Rope for Heart	<b>31</b> Wishnowski/Johnston@ GardenGate 12:30-2:30 District Track Meet			