# Montecito News June 2025





Dear Montecito Families,

As we approach the end of another school year, I want to take a moment to reflect on the many accomplishments, milestones, and joyful moments we have shared as a school community. It has been a year filled with learning, growth, resilience, and celebration.

## **Celebrating Student Success**

Our students have worked hard and demonstrated incredible progress; both academically and socially. Whether it was learning to read fluently, tackling math challenges, or participating in our school-wide events and spirit days, each child has contributed something special to our community. We are so proud of their efforts and achievements.

#### Thank You to Our Families

Your support and partnership have been essential to making this year a success. From volunteering in classrooms and supporting home learning to cheering on students at events, we are grateful for your continued involvement in your child's education.

### **Gratitude to Our Staff**

Our dedicated staff have gone above and beyond to support student well-being and create a safe, inclusive, and engaging learning environment. Their commitment to nurturing curiosity, kindness, and confidence in our students is inspiring.

#### **Farewell and Good Wishes**

We will be saying goodbye to some staff members and Grade 7 students who are moving on to exciting new adventures. We wish them all the best and know they will carry their Montecito memories with them wherever they go.

# Good bye to:

Ms. Nicoll - Grade 2/3

Mr. Law - Grade 6/7

Ms. Comley - EA

Ms. DeAngelis EA

Mr. Mattias - Custodian

Mr. Roberge - Custodian

Mr. Cohen - Band teacher

Ms. Omoto - ELL - congratulations on your retirement!

Ms. Budolig - Office Support Clerk



#### Welcome to:

Ms. Em - EA

Ms. Yang - EA

Mr. Kenney - Head Teacher and Grade 6/7 teacher

Rossella Malet-Veale - Office Support Clerk

Ms. Lau - Learning Support and ELL Teacher



Ms. Leroux will be our new ELL teacher! Congratulations Ms. Leroux!

## **Upcoming Dates:**

June 23 - Year end assembly 11:00 - families welcome to attend

June 24 - Kindergarten graduation 9:15-10:00

June 25 – Grade 7 leaving ceremony 10:00

June 26 - Last day of school - students dismissed at 10:00 AM

## **Looking Ahead:**

We are already preparing for a fantastic 2025–2026 school year. Please watch for an email in late August with back-to-school details, calendars, and first-day information.

## **School Supplies:**

School supply lists will be on our website by the end of the week.

#### **Lost and Found:**

Lost and found items will be donated on the last day of school.

# Wishing You a Wonderful Summer:

We hope your summer is filled with rest, fun, and family time. Whether you are exploring the outdoors, reading a good book, or enjoying simple moments together, we hope it's a time to recharge and make beautiful memories.

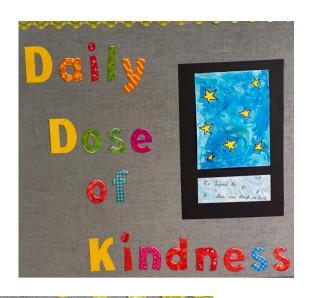
Thank you once again for being part of the Montecito community. Have a safe and happy summer!

With care,
Tanis Anderson
Principal
Montecito Elementary School

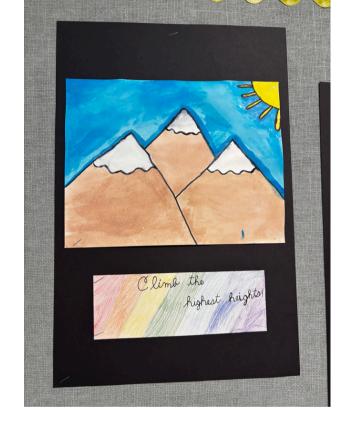


Poetry in Music in Mr. Law's Class









3x2-6

4x3-10

5x4-12

2x4-12

3x2-6

3x2-6

3x2-7

3x4-12

3x

Daily Dose of Kindness in Ms. Mann's class!

Integrating Math and Art in Ms. Kwok's class!

# June – Summer health

#### Keeping kids healthy and safe this summer – tips for parents

As summer approaches, excitement levels rise in anticipation for outdoor adventures, sports and family vacations. Summer is a time for fun and relaxation, but it's also a time to prioritize health and well-being. Below are some tips to help your kids stay active, healthy and safe during the summer months.

#### Sun protection

Help avoid sunburns by applying a sunscreen lotion with Sun Protection Factor (SPF) 30 or more to your children (and yourself) at least 20 minutes before heading outside. Seek shade and stay out of the hot sun between 11 a.m. and 4 p.m. Look for places with lots of shade, such as parks with big trees. Take an umbrella or tent to the beach and cover up with a wide brimmed hat, long sleeves and lose-fitting long pants.

Watch the media for heat waves and/or heat warning and tell your children to drink plenty of water and find cool air-conditioned spaces on those days. If there is no source of cool air, do not use fans as the main way of cooling off as they don't cool down your children's body temperature. Make sure you and your family know the signs and symptoms of heat exhaustion and heat stroke, so you can monitor each other, both indoor and outdoors on hot days. Learn more at <a href="https://www.fraserhealth.ca/heatsafety">www.fraserhealth.ca/heatsafety</a>

#### Breathe easier

Summer can bring with it extreme heat and smoke from wildfires. Know how to protect yourself and your loved ones from heat illnesses using our tips on keeping cool. Reducing your exposure to wildfire smoke is the best way to protect your health. Learn how to be ready for smoke and know about the air quality and health risks in your community to <a href="https://www.fraserhealth.ca/wildfiresmoke">www.fraserhealth.ca/wildfiresmoke</a>

#### Hydration

Encourage your children to drink water regularly, before they become thirsty. Instill the habit of always carrying a water bottle with them wherever they go.

#### **Physical activity**

Parents who join in on soccer games, splash in the pool or set out on hikes with their children on summer vacation – and all year long – not only get fit themselves but provide healthy role models for the next generation. Healthy, active outdoor play is one of the best ways to improve both adults' and children's overall physical and mental health.

#### Enjoy summer produce

Summer is here, which means fresh fruits and vegetables are in season. This makes it an ideal time to eat some delicious locally grown foods. <u>Local farmers' markets</u> and <u>u-pick farms</u> are a fun way to enjoy farm-fresh fruits and veggies while getting outside and supporting local farmers.

Find more summer health tips in Fraser Health's Healthy Summer Guide: <a href="https://www.fraserhealth.ca/health-topics-a-to-z/summer-health">https://www.fraserhealth.ca/health-topics-a-to-z/summer-health</a>

Public Health – Healthy Schools 2024/25 annual messaging toolkit

Summer is a wonderful time for children to explore, create, move, and enjoy time together without screens. To help your child stay active, curious, and connected, here is a list of fun, screen-free ideas for the summer months. Many are free or can be done right at home!

# Create and Imagine

- Build a fort out of blankets or boxes
- Write and illustrate your own storybook
- Put on a play or puppet show
- Make a time capsule to open next summer
- Create your own board game or card game

# Explore the Outdoors

- Go on a nature walk or scavenger hunt
- Try "cloud watching" and describe what you see
- Plant flowers or vegetables in a garden or pots
- Visit a local park or trail
- Make nature art with sticks, leaves, and stones

## **At Home Adventures**

- Help cook a new recipe or bake something together
- Learn a new card game
- Make a craft using recycled materials
- Build with LEGO, blocks, or magnetic tiles
- Organize a "restaurant" or "store" with toys and play money

#### Read and Learn

- Join your local library's summer reading program
- Swap books with a friend
- Start a summer journal or scrapbook
- Write letters or postcards to friends or relatives
- Try some kid-friendly science experiments

## ¥ ☑ Move Your Body

- Set up an obstacle course in the backyard or park
- Try yoga or stretching outside
- Jump rope, hula hoop, or play hopscotch
- Ride a bike or scooter
- Play classic games like tag, hide-and-seek, or Simon Says

# Be Kind and Helpful

- Help a neighbor with yard work
- Create thank-you cards for community helpers
- Clean out toys or books to donate

- Do a "random act of kindness" each week
- Make a friendship bracelet for someone

Let's help our students stay active, creative, and connected this summer—no screens required! Wishing your family a safe, joyful, and memory-filled break.