



BENCH ELEMENTARY

APRIL 2024 NEWSLETTER

Dear Bench Families,

Warm weather has definitely arrived and at this time of year, there are innumerable fun activities coming up for our community. Spring brings with it many exciting events, including the District Track Meet, Fun Fair, Primary Sports Day, Skip Rope for Heart, Grade 7 Farewell Celebration, Camp Imadene, Camp Thunderbird and many more.

Recently, our students participated in the District Chess Tournament, Provincial Skills competition, enjoyed an amazing and engaging performance in the gym from the DuffleBag Theatre and practices have begun for Rugby, Girls' Soccer and Track and Field. Something exciting always seems to be happening at Bench.

Enrolment numbers are very important for our staffing process for next year. We ask all families to keep us apprised if they are moving to another school next year and/or if they know someone new with school-aged children coming into Bench.

This week, you will see some Informal Written Learning Updates coming home. Please note that these are different from the ones you saw in February and the ones you will see in June. These are essentially an interim document that doesn't have the same amount of detail as those comprehensive documents but ensures that parents are apprised about any changes to student progress. Please, as always, don't hesitate to contact your child's teacher or school administration if you have any further questions.

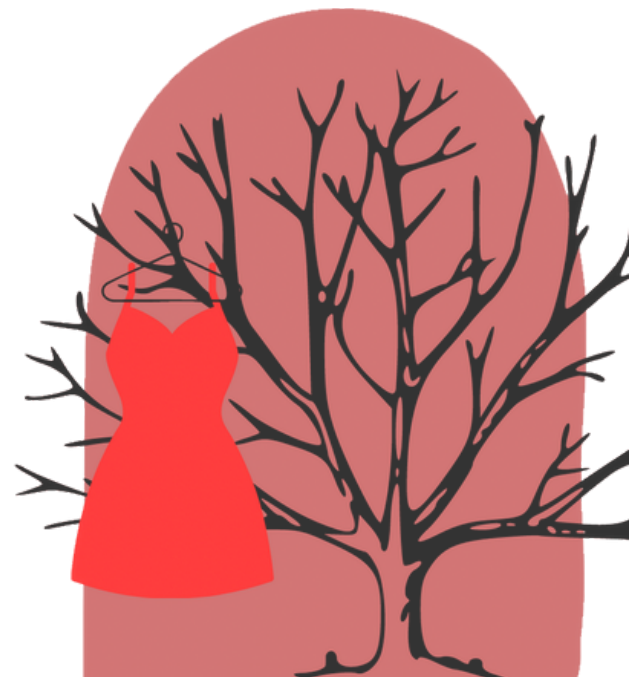
Sincerely,

Huy ch q'u!

Scott Jackson
Kyla Bridge

Bench Elementary School
1501 Cowichan Bay Road
Cowichan Bay, BC - V0R 1N2

(T) 250-743-5552
(F) 250-743-5807





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Dates to remember

- April 15, Monday - Non-instructional day (School closed)
- April 24, Wednesday - 2 hr. early dismissal
- May 3, Friday - Non-instructional day (School closed)
- May 14, Tuesday - School Track Meet
- May 15, Wednesday - 2 hr. early dismissal
- May 20, Monday - Victoria Day (School closed)
- May 30, Thursday - PAC Fun Fair
- June 27, Thursday - 1 hr. early dismissal and last day of school



Heart&Stroke
Cœur+AVC™/MC

MONDAY
APRIL 22, 2024

Jump Rope for Heart

Jump Rope for Heart has been promoting kids' heart and brain health across Canada for more than 40 years! Through Jump Rope for Heart, kids learn the importance of getting active and practicing healthy habits to build a foundation for a healthy life, while helping to fundraise to fund critical heart disease and stroke research that saves lives.

<https://www.jumpropeforheart.ca/>

Earth Day Bottle Cap Mural Project

Div. 10 and Div. 1 (Blue Crew) are collecting clean plastic bottle caps, and plastic lids (plastic only) for a whole school Mural Project. We invite you to send clean plastic bottle caps and lids of various sizes and colours to the Bottle Cap collection box in front of the office, by April 22, 2024.



April 23rd - Cookies \$1.00 ea.

All proceeds go to support the building of our Legacy Trail.

Grade 7s Fundraiser

Bench Elementary grade 7's are offering Krispy Kreme Doughnuts as a fundraiser for their end of year activity, Camp Thunderbird, from April 8-24th.

The cost for one dozen doughnuts is \$20. All doughnuts are original glazed. Orders can be submitted online or via paper copies.

A delivery date will be emailed out later once we have received all orders. Thank you very much for your support!





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Bottle Drive



April 25, Thursday, 8:30 AM - 12:30 PM.

If you have returnable items at home and cannot bring them to our bottle drive, you could still make a donation to Bench Grade 7's account at the Fisher Road bottle depot. Your help is much appreciated, thank you!

LOST AND FOUND

Our lost and found is located outside the library. Please take a moment to check if any of the items belong to your family.

Out of School Care Program

Thank you for inquiring about the Cowichan Valley School District Out of School Care program, please visit the program information on the district website at [E\) 250-743-5807](http://E)250-743-5807) which has general Out of School Care information, including fees, waitlist link - which is open year-round, parent handbook, calendar etc. and if you have further questions after going through this, the contact information for Kacey Milligan in the Out of School Care Office is under the Registration heading on the webpage.



Book Fair

SCHOLASTIC
BOOK FAIR

THE BOOK FAIR RETURNS!
THE SCHOLASTIC BOOK FAIR WILL BE RETURNING TO THE LIBRARY DURING THE WEEK OF MAY 6-10! SCHEDULES FOR CLASS/FAMILY SHOPPING WILL GO OUT SOON!



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District Chess Tournament



We had a lot of participation this year in our Bench chess club. Following our school tournament, the following students qualified for the District Chess Tournament on Wednesday, April 10 at Bonner Elementary:

Gr. 3—Owen B., Aleena A.

Gr. 4—Myla N., Olsen W.

Gr. 5—Vann T., Yixiu L.

Gr. 6—Ethan H., Oliver S.

Gr. 7—Jesse S., Hudson D.

It was a fun day of chess being played by students from grades 2-12. The Bench students all played well and demonstrated excellent sportsmanship.

Congratulations to Jesse S. who came second in his grade level!

Robotics Club



Gear Bot: In teams, to build and program a fully autonomous robotic device that can complete a number of themed missions in a set time period.

To provide competitors with the opportunity to demonstrate their science, technology, engineering, and mathematics (STEM) skills through practical and theoretical application and to enhance these skills through hands-on and student-centered learning.

Sumo Bot: The intent of the Tethered Mini-Sumo Robot Challenge is to introduce junior students to the varied field of Technology through the design, building and competing in an event that is fun and exciting.

In the spirit of the competition and the intent of the challenge, the individual must compete with a completely student designed/built robot.



The Mini-Sumo Robot is an internationally standardized class of robotic competition, which has traditionally seen most competitions use a computer-programmed chip to control the robot.





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Training and Education Savings Grant



April 2024

Dear Parent or Guardian:

The Government of British Columbia is pleased to inform you that your child may be able to receive a \$1,200 Training and Education Savings Grant.

Children are eligible if:

- The parent or guardian, and the child, are BC residents; and,
- The child’s birth year is listed below, and the deadline has not passed:

BIRTH YEAR	APPLY BEFORE
2015	Apply before 9th birthday in 2024
2016	Apply before 9th birthday in 2025
2017	Apply before 9th birthday in 2026
2018	Start applying on 6th birthday in 2024

Once you open an account, known as a Registered Education Savings Plan (RESP), the Government of British Columbia will deposit a \$1,200 BC Training and Education Savings Grant into the RESP for your child. Students can use the money to pay for their education expenses (e.g., tuition, books, tools, rent, or transportation) in an apprenticeship program, a trade school, CEGEP, college, or university.

Plan today: you don’t have to put any money into the RESP for your child to receive the \$1,200.

Step 1: Get Social Insurance Numbers (SINs) for you and your child. Go to the [Service Canada SIN Overview webpage](#) or call **1-800-622-6232** to find out how.

Step 2: Make an appointment with a financial organization that offers RESPs. Bring the SINs for you and your child and let them know that you want to open an RESP and get the B.C. Training Education Savings grant for your child.

Learn more: <https://www2.gov.bc.ca/BCTESG> Contact: BCTESG@gov.bc.ca
Your child may also be eligible for other federal incentives, see: canada.ca/education-savings.



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School Messenger

SMS Text Opt-In



Parents and Guardians

You can take advantage of our Text Messaging Service

Our school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.

You can participate in this free service* just by sending a text message of "Y" or "Yes" to our school's short code number:

For **CANADA-BASED** numbers: **978338**

For **US-BASED** numbers: **61569** (see next page for QR code)

You can also opt out of these messages at any time by simply replying to one of our messages with "Stop".

SchoolMessenger is compliant with the [Student Privacy Pledge™](#) so you can rest assured that your information is safe and will never be given or sold to anyone.



*if your number is Canada-based.

For Canada-Based Numbers:

Opt-In from your mobile now!



Just send "Y" or "Yes" to 978338

For US-Based Numbers:

Opt-In from your mobile now!



Just send "Y" or "Yes" to 61569

Information on SMS text messaging and Short Codes: SMS stands for Short Message Service and is commonly referred to as a "text message". Most cell phones support this type of text messaging. Our notification provider, SchoolMessenger, uses a true SMS protocol developed by the telecommunications industry specifically for mass text messaging, referred to as "short code" texting. This method is fast, secure and highly reliable because it is strictly regulated by the wireless carriers and only allows access to approved providers.

If you've ever sent a text vote for a TV show to a number like 46999, you have used short code texting.

*Terms and Conditions: Message frequency varies. Standard message and data rates may apply. Reply **HELP** for help. Text **STOP** to cancel. Mobile carriers are not liable for delayed or undelivered messages. See schoolmessenger.com/tm for more info.



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Homestays Needed

The Cowichan Valley School District's International Student Program is once again recruiting homestay families.

We have students from Europe and around the world in our program, and would like to encourage families to consider opening their home to welcome our new students to the Cowichan Valley. We have both short- and long-term hosting opportunities. Hosting an international student is an exciting, rewarding, and enriching experience that will allow Cowichan Valley families to learn about another culture and share what they know about Canada.

Our host families:

- Are willing to provide emotional, social, and academic support;
- Are open to new cultural experiences;
- Integrate their student into their family life and share activities together;
- Have transportation and the ability to pick up students occasionally;
- Provide a private bedroom with a desk, dresser, and closet;
- Provide healthy meals and snacks;
- Are paid \$1000/month when hosting a student.

For more information about our program you can email us (isp@sd79.bc.ca), call our office (250-746-0744), or visit our website (www.studyincowichan.com – look under the Homestay tab for more details).

BE MY
HOME
AWAY FROM
HOME



HOMESTAYS NEEDED FOR HIGH SCHOOL INTERNATIONAL STUDENTS

If you are an active family interested in hosting an international student from Europe and around the world contact us!

Brenda 250-510-1436 / blanglois@sd79.bc.ca



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Community Information

Earth Day 2024
April 22



Happy Earth Day

35TH ANNUAL
TC 10K
 POWERED BY **RUNSPORT**
1990 - 2024
SUNDAY - APRIL 28, 2024
<https://www.runsport.ca/tc10k>



Red Dress Day
May 5

National Day of Awareness for Missing and Murdered Indigenous Women and Girls and Two-Spirit People (MMIWG2S).

Trusted and verified information on this topic can be found on <https://www.mmiwg-ffada.ca/>.



Mental Health Week 2024
May 6-12, 2024



We all have the capacity to be compassionate, and we know that doing so can make an enormous difference. This year's Mental Health Week is centered on the healing power of compassion. In a world plagued by suffering, we emphasize that kindness is equally intrinsic to our humanity. Join us from May 6 to 12, 2024 to explore how compassion connects us all.

<https://cmha.ca/mental-health-week/>

Telus Wise Workshops

Telus Wise is a free educational program designed to help keep people safe in our digital world. The program offers interactive and informative workshops and resources to help youth have a positive experience online.





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Community Information

WCA WEST COAST AMUSEMENT MIDWAY
APRIL 18, 19, 20 & 21, 2024

EST 1868
COWICHAN EXHIBITION 7380 TCH . DUNCAN, BC . V9L6B1
 250.748.0822 . www.COWEX.CA EST 1868



Vancouver Island Regional Library + Fans updated their cover photo.

April 3 at 2:17 PM · 🌐

Join us for a virtual author talk with Gitxsan award-winning and bestselling author and journalist, Angela Sterritt, as she walks us through her experiences and investigations into missing Indigenous women.

👉 **WHEN:** Tuesday April 30 from 5:30-7:30 PM

👉 **WHERE:** on ZOOM for a virtual author event celebrating her 2023 book UNBROKEN.

REGISTER AT 👉 www.virl.bc.ca/angela-sterritt

[#MMIWG2S](#) [#MMIWawareness](#) [#MMIWGActionNow](#) [#RedDressDay](#)



Angela Sterritt
 APRIL 30
 5:30 PM - 7:30 PM



PARENT CIRCLE
QUESTIONS SHARING

LETS DISCUSS....

- **Parenting in Canada:** let's share our joys, challenges and questions while enjoying a delicious snack!

JOIN US 🌟

26 April 2023
 321 St. Julien St. Duncan
10:00 AM - 11:30 AM

For more information, please email doris@cis-iwc.org or call 250-748-3112

Pro-D Day Art Camp
 May 3

CVAC | FOR KIDS
 COWICHAN VALLEY ARTS COUNCIL

Flower Power Art Day (ages 6-12) - \$85
 May 3 @ 9:00 am – 3:00 pm

Art Camps are held in small groups of max.14 children. All Materials provided .

We take breaks for snacks and lunch and spend playtime outside.

Register early to secure your spot.

Registration code: 72926

Funded by / Financé par:





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Personal Electronics - iPhones/iPads

Please note that personal electronic devices are **NOT** permitted during school hours unless supervised by a teacher. If your child does bring an electronic device to school, it **MUST** be kept in their backpack or with the teacher during school hours. Please remember that we cannot guarantee the security of these items. If an item is confiscated by an adult during school hours or is turned in at the office for any reason, it will generally be held until the end of the day and, sometimes, will only be returned to an adult (depending on the circumstances).

Visitors

A reminder that all adults visiting the school must enter through the main doors only and sign in. Thank you for your cooperation.

Student Clothing

Please ensure that your child is dressed appropriately for the weather each morning. Unless there are extreme weather conditions, Students will be outside every day during the 45-minute lunch break as well as an additional short break with their teachers at some point through the day.

Water Bottles

Our school has a limited supply of glasses for students to use, especially disposable ones. Families are encouraged to please send their child with a water bottle that they can refill from the fountain.

School Schedule

Supervision begins at 8:00 a.m.

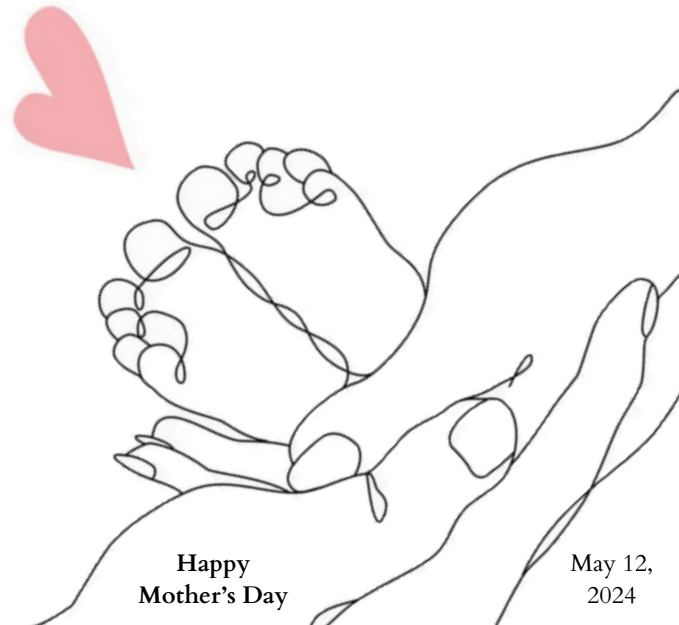
8:30 a.m. Classes begin

11:00 a.m. - 11:45 a.m. Outside play

11:45 a.m. - 12:00 p.m. Eating time

2:13 p.m. Dismissal

Supervision ends at 2:40 p.m.



Happy
Mother's Day

May 12,
2024