



# Fort Langley Elementary Parent Newsletter-June 2025



*1 - 8877 Bartlett Street Fort Langley,*

*B.C. V1M 2S6, Phone: 604-888-2111*

*Mr. L. Kitteringham, Principal-lkitteringham@sd35.bc.ca*

*Mrs. J. Boivin, Administrative Assistant-jboivin@sd35.bc.ca*

*We acknowledge that we reside on the traditional unceded traditional territories of the Katzie, Kwantlen, Semiahmoo and Matsqui First Nations.*

***We are an inclusive and caring community of learners, devoted to the journey of becoming responsible citizens***







## On the Horizon



**Monday June 23rd**-Div 1 and 2 (Grade 6/7s) Field Trip to Cultus Lake Waterpark (8:30am-4pm) & Blackie Spit Park at Crescent Beach this year (ALL LEAP Classes) & Beach Field Trip-Div. 5 & 8 (8:40pm-2pm) & The Amazing Glow Day in Div. 6 (Van D).

**Tuesday June 24th**-Div 14 and 15 Field Trip to Wild Play (9am-2pm) & Grade 7 Visit to D.W. Poppy Secondary (9:30am-11:30am) & Div. 9 Field Trip to Walnut Grove Waterpark (9:30am-1:45pm)

**Wednesday June 25th**-Grade 7 School Leaving Ceremony (mocktails & snacks in library-4pm-5pm, ceremony & slideshow 5pm-6pm, and cake/yearbooks-6pm-6:45pm) & Div. 4 Fort Canoe & Kayak Club Field Trip (9:15-12pm)& Div. 8 Hawley Farm Field Trip (10-2pm) & Div. 2 Ice Cream Walking Field Trip (12:08-2pm) & Grade 7 Offsite External Evening Celebration

**Thursday June 26th**- Red Team House Cup Celebration-9am in Gym & Year-end Assembly 10:10am & Final Learning Summary Issued (report cards) & Last Day for Students Prior to Summer Vacation (EARLY DISMISSAL)

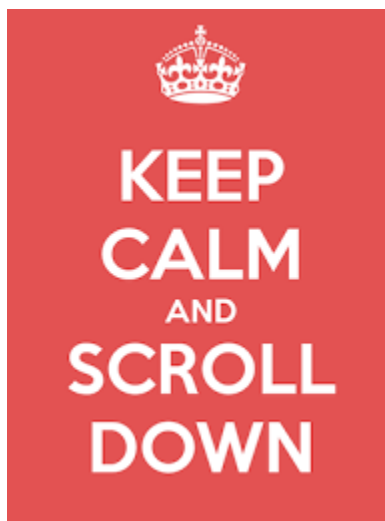


## Important Reminder-Thursday June 26th Early Dismissal!



Student will be dismissed at 11:10am this coming Thursday.

**BE SURE TO SCROLL ALL THE WAY DOWN THROUGH THIS NEWSLETTER  
TO CHECKOUT LOTS OF AMAZING PHOTOS OF OUR STUDENTS/STAFF  
IN ACTION**



**Words Can't Adequately Express Our Gratitude and Appreciation-  
THANK YOU PAC TEAM!**

**THE PAC TEAM** 2024-2025

CHAIR - JENNIFER KUBE  
VICE CHAIR - SAMANTHA BORLAND  
CO-TREASURERS - CORNE MOERMAN & SAMANTHA BORLAND  
COMMUNICATIONS - CRYSTAL CHORоба  
DPAC - KATELIN WHONE  
FUNDRAISING - KATELIN WHONE  
FUN LUNCH - ANGELA MOERMAN  
SUNSHINE - MIDORI MCMILLAN  
MEMBERS AT LARGE - ROSE KOVACS, DANIELLE MCKENZIE, & KATIE JAMES  
SPECIAL EVENTS- CHRISTINE DEVRIES

AS A FRIENDLY REMINDER, YOU ARE ALL MEMBERS OF THE PAC. THIS IS JUST OUR LEADERSHIP TEAM, BUT ALL ARE WELCOME, NEEDED AND ENCOURAGED TO VOLUNTEER, PARTICIPATE AT EVENTS AND COME TO MEETINGS :)



## FLE Staff Appreciation Day-Friday May 16th

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*A huge shout out and thank you to our FLE PAC, as well as the Isaak family for pampering our amazing staff at the Little White House in Fort Langley. It was such a unique experience for our staff.*

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## Our Terry Fox Contribution



Dear FLE,

Congratulations! We are so excited to announce that Fort Langley Elementary has placed on our “Top 50 BC Terry Fox Fundraisers of 2024” list. To help celebrate your amazing achievement, we are providing you with a digital Top Fundraiser Badge! We hope that you are as proud as we are and want to share the good news with everyone by posting this badge on your school website and social media channels. May it serve as a reminder of the unwavering commitment and passion your school has demonstrated in the fight against cancer.

When Terry set out, 45 years ago, he could have never had imagined that his torch would have been carried by so many future generations. We are so grateful to you for making sure that the flame stays lit and Terry’s passion to help those with cancer continues. We can’t thank you enough for your continued support and we look forward to working with you in 2025 for the 45th anniversary year!

All the best,

**Natalie Anderson**

Manager, School Runs – BC and Yukon



## FLE Parent Appreciation-Wednesday June 18th

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*Our staff are not the only ones that deserve to be pampered! Our staff took a moment to celebrate and acknowledge our amazing parent community this past week.*

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## Outdoor Spirit Day-Today Friday June 20th

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*Today our regular stream students got a taste of "LEAP life" as intermediate outdoor education student leaders organized fun and engaging stations to enlighten their peers. It was a huge undertaking but the result was exceptional. A huge thank you Ms. O'Neill for organizing this event which was originally spawned or sparked out of a student council meeting much earlier in the year.*

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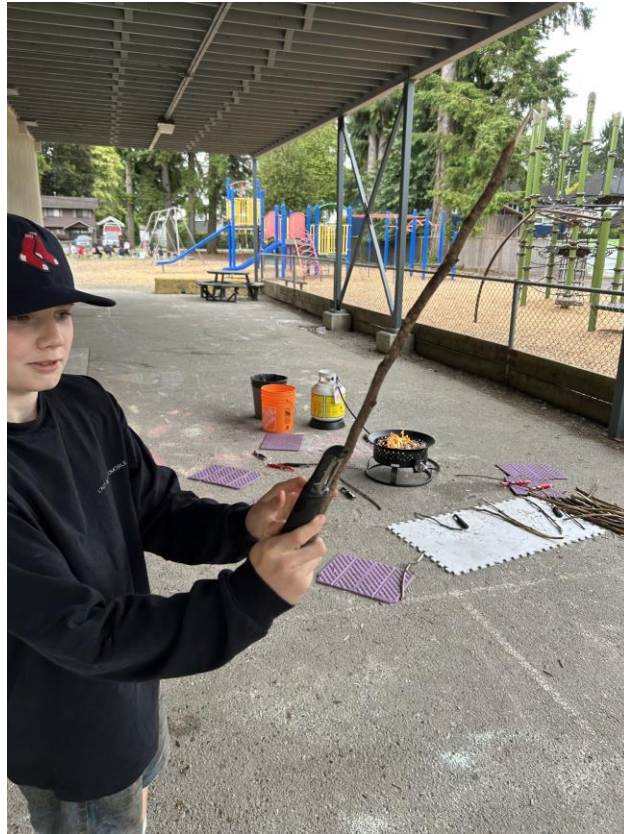














## Fort's Got Talent-Wednesday June 18th

















## Our Annual Sports Day Extravaganza-June 13th































*2 - Inflatable Halloween Costume Race*



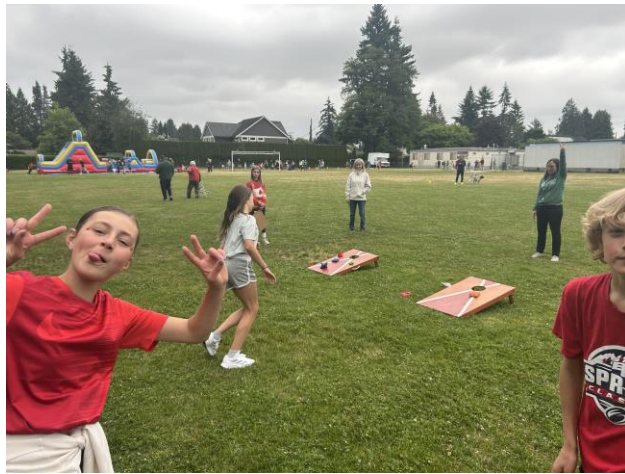
*3 - Retired Principal, Frank Roberto, helped us with a unique opening ceremony playing "When the Hawks Go Marching In" on the accordion.*























**Thank you to the parent volunteers that operated the sports day concession-most notably Tanya Friesen**







Congrats to the red house cup team which emerged victorious in the overall point standings!







## Track and Field-May 29th at McLeod Park



4 - Thank you to Ms. Nast who went out and braved the elements to help run things for our track participants



5 - A Hawk salute to Ms. Davidson as well who is always a key track and field contributor















## Not returning to FLE next September? Please alert us



Moving? Child attending a different school next year? Please swing by the office and alerted admin assistant Judy Boivin or fire her an email at [jboivin@sd35.bc.ca](mailto:jboivin@sd35.bc.ca)

### ***Student and Class Placements-Parent Input***

Parents/guardians can share vital info about their child that might be important when making decisions about student placements for next year. This info will be kept confidential and will be for the Principal's eyes only. That said, please be respectful in your comments and focus on the needs of your child and what is most important for their success in the classroom as we plan for next year. Completing this form is not a guarantee regarding placements for next year. There are many factors that go into creating classes and we always do our best to set students up for success.

<https://forms.office.com/r/sa9DgNVJMd>

Factors in Class Placement Decisions:

As we meet in June to tentatively place each child in a class for the fall, a number of factors influence the decision-making process. These include:

- The child's intellectual, social, emotional and behavioural development
- Preferred learning styles of the child
- The child's physical and social maturity
- The child's interactions and relationships with other students
- The age of the child
- School-based team recommendations



- Social dynamics in a class setting
- The balance of leaders in a class
- Student friendships
- Gender balance in a class
- The number of years a child has been with the same teacher
- Classroom enrichment or support needed

While each factor is important, they are weighted differently depending on each individual student.

### ***Final Learning Summary (Report Cards)-Published June 26th***

The Final Learning Summary can be accessed on the online portal of MyBCEd after June 26th. Please make sure that your account is set up prior to report cards being published . If you are new to our school district, please make sure to set up your account. Please see the graphic below for guidance on how to set up your account. If you need support, you can create an assistance ticket [here](#).

MyEducationBC

# Family Portal



**Login ID: sd35-xxxxxxx**  
both logins and passwords are case sensitive. Logins should be all lower case.



**One login ID**  
should give parents access to all their children's information.



**Passwords are good for 90 days**  
to protect your child's data and you will be prompted to change your password.



**Published Report Cards**  
It is recommended that you save the PDF documents as the report card is only posted on the Family Portal for a limited time.



**Forgot password?**  
Please click "I forgot my password" on the log on screen or please submit a request [here](#)



**How to use the Family Portal**  
Please visit our website [here](#).



## Need Help?

Please submit a request through our website <https://www.sd35.bc.ca/students-parents/mvedbc-family-portal-help/mvedbc-request-for-assistance-form/>



**For more information**  
<https://www.sd35.bc.ca/students-parents/myedbc-family-portal-help/>



## Our Lost and Found Is Bursting and Overflowing

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*We strongly encourage all parents to swing by and check out our lost and found table display near the main office. WE PROBABLY HAVE SOMETHING THAT BELONGS TO YOU! **We will be donating any unclaimed items on Friday June 27th.***

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Looking to Next Year and Consider Pitching In!

## **Meet the New PAC Team 2025-26**



CHAIR - JENNIFER KUBE  
VICE CHAIR - KATELIN WHONE  
CO-TREASURERS - CORNE MOERMAN AND BECKY HEPPNER  
COMMUNICATIONS - CRYSTAL CHORоба  
DPAC - KATELIN WHONE  
SPECIAL EVENTS- SAMANTHA BORLAND  
**FUNDRAISING - STILL VACANT!**  
FUN LUNCH - KATIE JAMES AND DANIELLE MCKENZIE  
SUNSHINE - NATASHA ISAAK AND KATY CHAPMAN  
DIRECTOR OF GRANTS- TAYLYR DICKINSON  
MEMBERS AT LARGE - ANGELA MOERMAN, ROSE KOVACS, AND STEPHANIE SCHREDER  
\* BOOK FAIR COORDINATOR- NATASHA ISAAK  
\*HOLIDAY STORE- HAILEY FRANK  
\*CULTURAL AWARENESS COMMITTEE  
CO-LEADS- CHRISTA GALINDO AND FERNANDA RENTERIA

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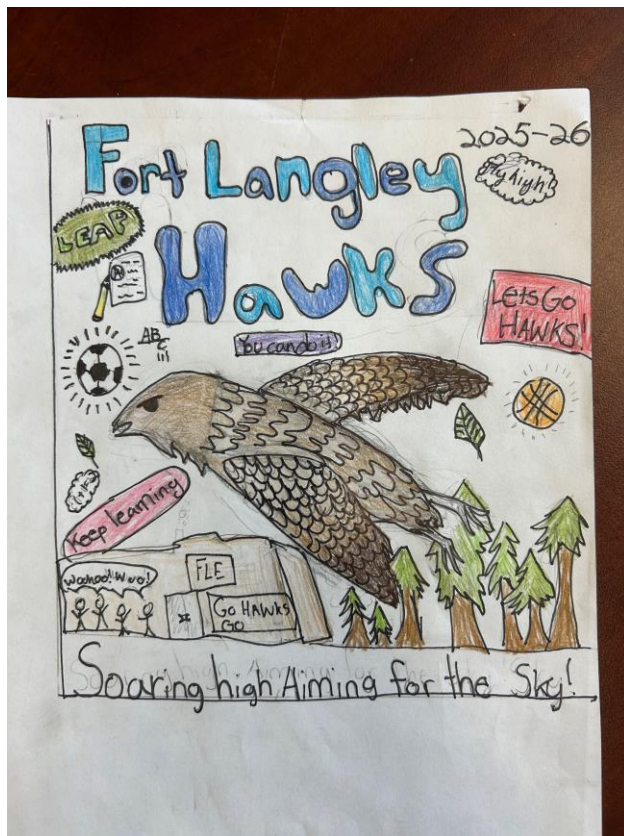
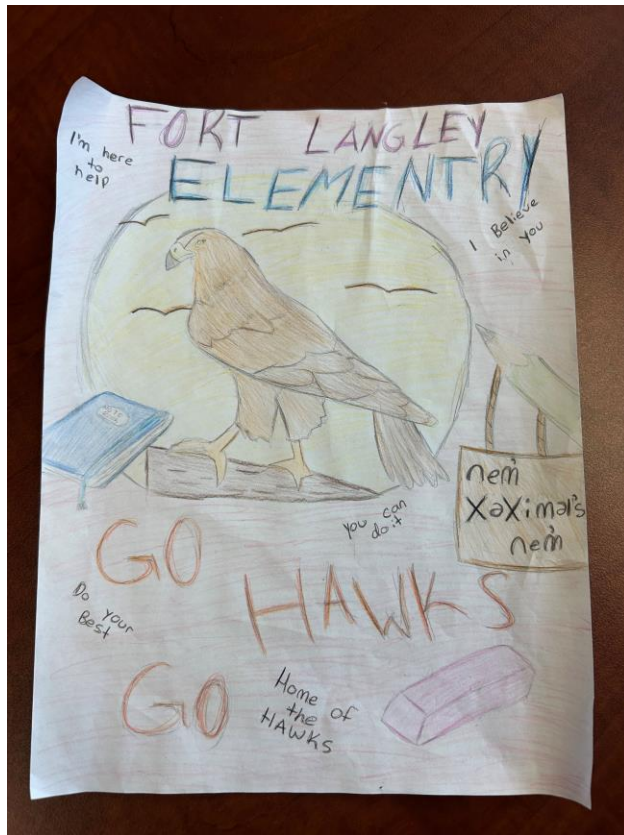
*\*- NON-ELECTED ROLES*

### **Volunteers Needed!**

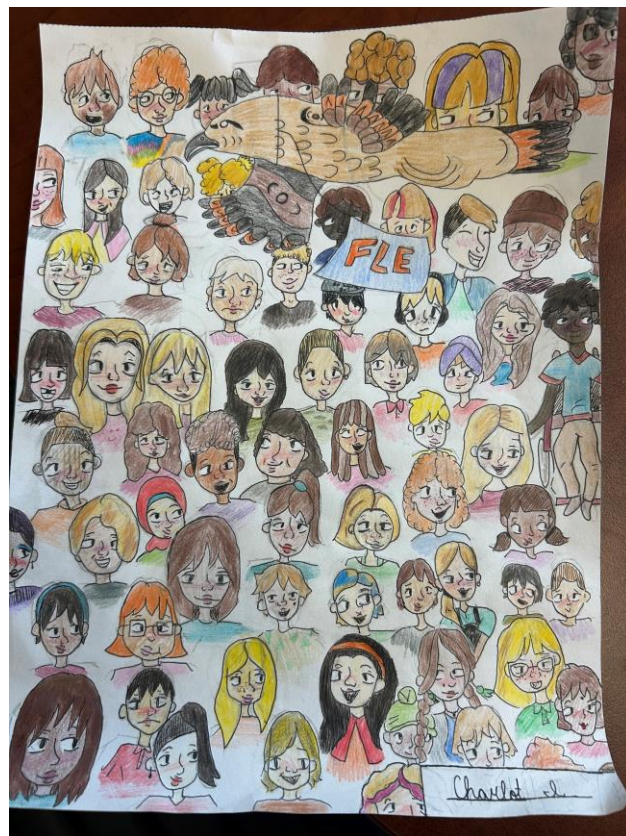
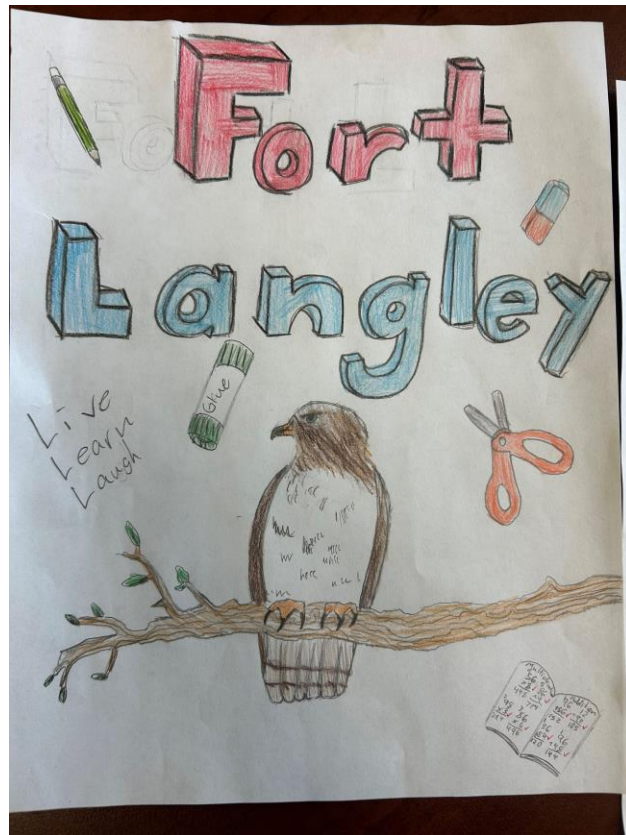
1. Fundraising Coordinator- This individual or partnership is responsible for organizing and supervising fundraising. They get the committees going for things like plant sales, Neufeld's and Art Cards. They look to dates, and spark volunteer opportunities. There's lots of support and training to get you started!

## **FLE Creation Contest-2025/26 Agenda Cover**

A huge Hawk salute to all the students that took the time and effort to submit an entry into this year's Student Planner Contest. As you can see below, we have some very talented artists. Unfortunately, there can be only one winner and our staff have narrowed the field down to the final four options displayed below. The winner will officially be crowned over the coming weeks and will be featured on the cover of next year's FLE student planner.







## Our Annual Grad Walk Took Place This Wednesday-June 18th

It was heartwarming to see grade 12 grads (D.W. Poppy, WGSS, and LFA) return to their FLE roots this week. Our students cheered and high-fived the grads as they triumphantly paraded through our hallways.





## Dress Code Reminder

As the weather warms up, a reminder that we have a District Dress code that all staff and students are required to adhere to. Please review with your student/s.



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### Langley School District Dress Guidelines

The intent of a dress guideline is to set expectations to assist students, staff, and parents in decision-making with respect to clothing. It is not intended to be prescriptive nor punitive, but to provide a level of clarity so that correction or discipline is not required.

Dress guidelines are intended to incorporate individual preferences for students and their families to dress in a manner that they choose. Individual choice is however tempered by a responsibility to recognize that a school is a learning and working environment, in which there is an expectation of reasonableness.

Staff members have a responsibility to assist students in understanding and abiding by the District dress guidelines. Parents have a responsibility to support appropriate dress for the school and the workplace.

Clothing should be comfortable and allow a student to participate safely in activities such as physical education, science experiments, and/or shop projects. Clothing should demonstrate a respect for the school community. Clothing should meet standards of suitability that are typical of an office workplace and should not be offensive to others.

Articles of clothing that promote alcohol or drugs, that display offensive language or images, or that encourage sexism, racism or bigotry are not acceptable in a school. Clothing bearing direct or indirect messages or graphics referring to gang culture, sex or pornography, weapons or violence will not be permitted.

When there are differences in perspective, all involved have a duty to seek common understanding in a mutually respectful manner. Ultimately, the school administration has the responsibility to apply the dress guidelines when necessary. If any person dresses in an inappropriate manner, the student should be advised personally and discretely and given an opportunity to meet the District guidelines.

# Next Year's 2025-26 School Calendar

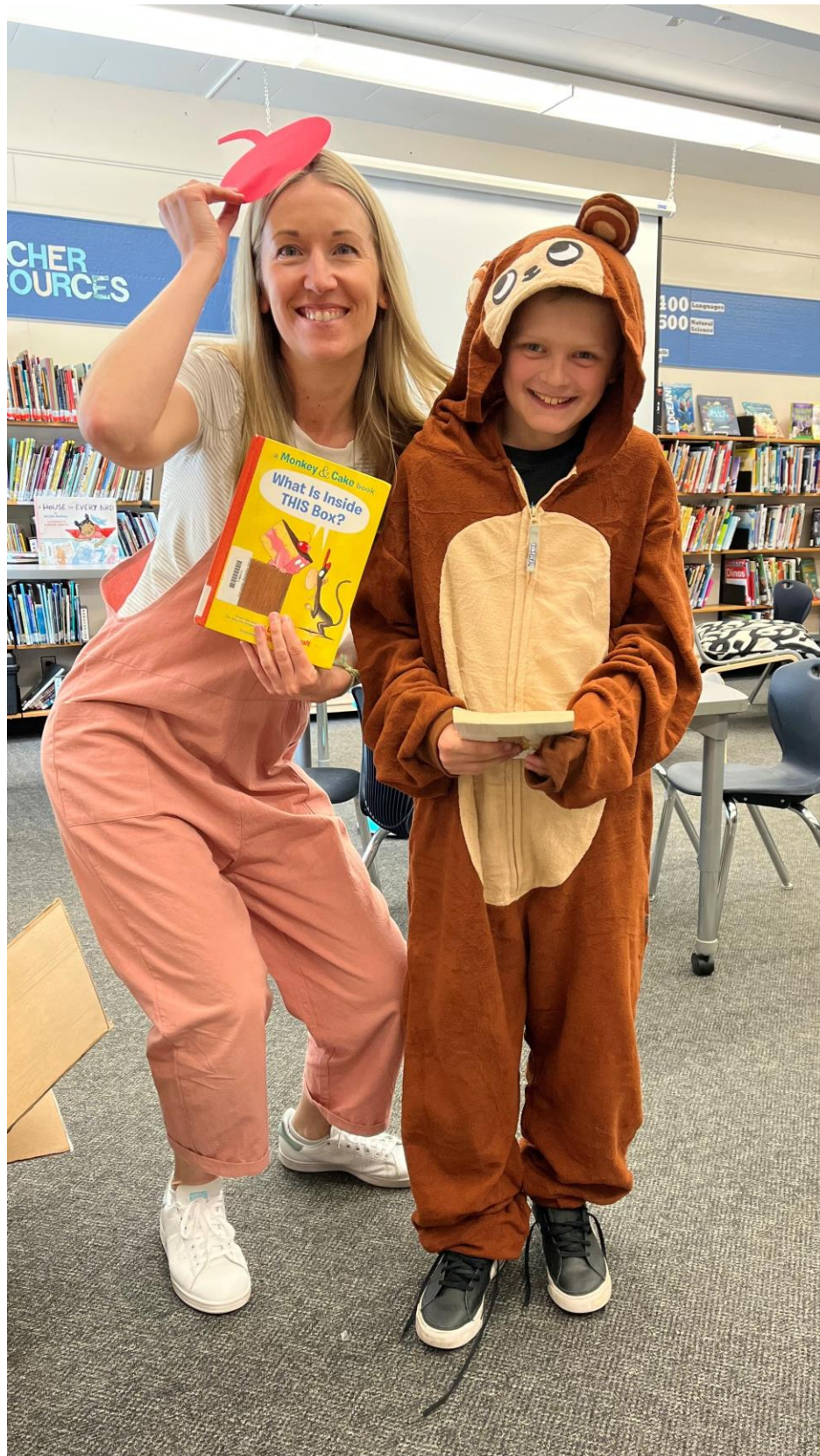
## School District #35 (Langley) 2025-2026 School Calendar Elementary Schools

MONTH	DATE	
September	Sep 1 (M)	<b>Labour Day (School Closed)</b>
	Sep 2 (T)	School Opens
	Sep 29 (M)	<b>School Improvement Day (Students not in attendance)</b>
	Sep 30 (T)	<b>Truth and Reconciliation Day (School Closed)</b>
October	Oct 13 (M)	<b>Thanksgiving (School Closed)</b>
	Oct 24 (F)	<b>Professional Development Day (Provincial - Students not in attendance)</b>
November	Nov 10 (M)	<b>Design &amp; Assessment Day / Learning Update Prep (Students not in attendance)</b>
	Nov 11 (T)	<b>Remembrance Day (School Closed)</b>
	Nov 26 (W)	Student Inclusive Conferences
	Nov 27 (Th)	2 Hour Early Dismissal - Student Inclusive Conferences
December	Dec 19 (F)	Last Day Prior to Winter Break
January	Jan 5 (M)	School Re-Opens After Winter Break
February	Feb 9 (M)	<b>Professional Development Day (District - Students not in attendance)</b>
	Feb 13 (F)	<b>Design &amp; Assessment Day / Learning Update Prep (Students not in attendance)</b>
	Feb 16 (M)	<b>Family Day (School Closed)</b>
March	Mar 4 (W)	2 Hour Early Dismissal - Student Inclusive Conferences
	Mar 5 (Th)	Student Inclusive Conferences
	Mar 13 (F)	Last Day Prior to Spring Break
	Mar 30 (M)	School Re-Opens After Spring Break
April	Apr 3 (F)	<b>Good Friday (School Closed)</b>
	Apr 6 (M)	<b>Easter Monday (School Closed)</b>
May	May 15 (F)	<b>Professional Development Day (District - Students not in attendance)</b>
	May 18 (M)	<b>Victoria Day (School Closed)</b>
June	Jun 25 (Th)	Final Learning Update & Last Day for Students Prior to Summer Vacation
	Jun 26 (F)	<b>Administrative Day (Students not in attendance)</b>
July / August		Summer Session

APPROVED: SD35 Board of Education Meeting  
April 29, 2025

**Go Ahead-Make their day!**





Help brighten up a FLE staff member's day! I want to find ways to spotlight, highlight, and celebrate the amazing unsung heroes in our building that do important work on a daily basis. Please use this link to anonymously share your words of encouragement, appreciation, and praise for someone special in our building. These quotes will be shared on our hallway TV screen, in our weekly staff newsletters, and at the beginning of staff meetings.

<https://forms.office.com/r/k6bs9PPtvt>

## District Information & Community News/Opportunities



### Sports Summer Day Camps 2025 – Walnut Grove Day Camps

Hello Parents at Fort Langley Elementary! Our team at Walnut Grove Day Camps is hosting summer camps again for school aged kids (K-7) this July, just around the corner at Alex Hope Elementary school. Our week-long multisport camps include a variety of sports, games, and activities to keep your kids moving, learning, and having a blast. Our camps run each week starting July 2nd until August 8th on a similar schedule to school hours (9am-3pm). Designed

and run by local teachers and coaches, we've created our high-quality programs to focus on a healthy blend of fun and development. Whether your child is a seasoned athlete or just starting out, our program is designed to be inclusive and welcoming to kids of all skill levels. We want to see kids grow athletically, socially, and personally. To register or learn more, check out our website at <https://www.wgdaycamps.ca>.

We encourage you to explore the following local exhibits....

### Chief Dan George:

<https://parks.canada.ca/lhn-nhs/bc/langley/activ/calendrier-calendar/90ce40b7-8771-46d9-b0b3-e6d108fd3007>

### Metis Virtual exhibit:

[https://metisinbc.mnbc.ca/?utm\\_source=north%20shore%20news&utm\\_campaign=north%20shore%20news%3A%20outbound&utm\\_medium=referral](https://metisinbc.mnbc.ca/?utm_source=north%20shore%20news&utm_campaign=north%20shore%20news%3A%20outbound&utm_medium=referral)

Fort Langley National Historic Site

[Return to calendar](#)

Featured exhibit: Chief Dan George – Actor and Activist



A touring exhibit by |  
see complete information at  
MONOVA

Start date: May 28, 2025  
End date: September 14, 2025  
Location(s): Fort Langley National Historic Site  
Cost: Regular admission fees apply. \*Free admission for youth 17 and under

Fort Langley National Historic Site is proud to present **Chief Dan George – Actor and Activist**, a powerful touring exhibition created by **MONOVA: Museum and Archives of North Vancouver**, opening Wednesday, May 28, 2025.



### Grade 6 Late French Immersion Spaces Available for September – Noel Booth Elementary

Did you know that learning to speak multiple languages can help students meet the challenges of a changing world? Is your child interested in learning and communicating in French, one of Canada's official languages? The Late French Immersion program at Noel Booth Elementary could be the right educational opportunity for your child. There are limited spaces available for grade 6 entry in September 2025. Students in this program transition to French Immersion at



Brookwood Secondary. To register, please contact Noel Booth Elementary at 604-530-9747. For more information about Late French Immersion, families can email: [languages@sd35.bc.ca](mailto:languages@sd35.bc.ca) <<mailto:languages@sd35.bc.ca>> , go to <https://www.sd35.bc.ca/programs-initiatives/programs-of-choice/immersion-programs/> <<https://www.sd35.bc.ca/programs-initiatives/programs-of-choice/immersion-programs/>> or check out this video: <https://www.youtube.com/watch?v=3y-JTnZgdX4> <<https://www.youtube.com/watch?v=3y-JTnZgdX4>>

### **Upcoming Info Session for French Immersion Programs**

Did you know there are 2 options for families looking for French Immersion for their students? Early Immersion starts in Kindergarten and goes to grade 12. The Late Immersion program begins in grade 6. The online registration window opens in October 6, 2025 and closes October 20th, but now is a great time to learn more about the programs!

The in-person information session is June 25, 2025, at the Langley School Board office, from 6:30 -7:30. An opportunity to learn more about the program and its benefits, all parents are welcome to attend. Bring your questions and hear about the application process.

More information is also found on our website: <https://www.sd35.bc.ca/programs-initiatives/programs-of-choice/immersion-programs/> <<https://www.sd35.bc.ca/programs-initiatives/programs-of-choice/immersion-programs/>>

### **New Resources for Families Going Through Separation**

The Health and Justice Alliance has created a new, free resource to support family well-being during parental separation. This toolkit contains six key messages, images, social media posts and newsletter text that are linked to practical actions and tangible resources on an updated, interactive website to help parents and children navigate this stressful time and foster resilience. For more information, please visit the [FamiliesChange.ca](https://familieschange.ca) website.

School Newsletter

## Did you miss our Grade 6 immunization clinic?

If your child or the child in your care did not get their Grade 6 vaccines at school, they can get them at one of the following:

- At school in Grade 7
- At your local public health unit. Please call the following number after June 30<sup>th</sup> to book an appointment:
  - 604-702-4908 if you live in Mission, Abbotsford, Chilliwack, Agassiz, and Hope
  - 604-476-7087 if you live in any of the other communities in Fraser Health
- From their doctor, nurse practitioner, or pharmacist. Call ahead and ask if this service is available.

All routine vaccines are free in British Columbia.

### How do I know if the child is up to date on their vaccines?

Check the child's immunization records\* one of these ways:

- scanning this QR code to Health Gateway
- going online to [HealthGateway.gov.bc.ca](https://HealthGateway.gov.bc.ca)
- using the Health Gateway app



\*Records for children under 12 years old are on the parent or caregiver account.

### What if the child had vaccines but they are not on their immunization record?

If vaccines were given by a doctor, nurse practitioner, or pharmacist, they might not be on the child's immunization record. If the child's record is missing vaccines, please do the following:

1. Contact the health care provider who gave the vaccines and ask for a copy of the immunization record.
2. Report these immunizations online by either scanning this QR code or by going to [FraserHealth.ca/immunizationform](https://FraserHealth.ca/immunizationform).



For more information, please call your local public health unit or visit our website: [FraserHealth.ca/immunize](https://FraserHealth.ca/immunize).



To view this message in other languages, scan the QR code.

العربية (Arabic)	한국어 (Korean)	Español (Spanish)
简体中文 (Chinese Simplified)	ਪੰਜਾਬੀ (Punjabi)	українська (Ukrainian)
繁體中文 (Chinese Traditional)	Русский (Russian)	اردو (Urdu)
فارسی (Farsi)	Soomaalí (Somali)	Tiếng Việt (Vietnamese)
Français (French)		



Public Health Units					
Abbotsford 604-864-3400	Agassiz 604-793-7160	Burnaby 604-518-7605	Chilliwack 604-702-4900	Cloverdale 604-575-5100	Guildford 604-567-4750
Hope 604-860-7630	Langley 604-539-2900	Maple Ridge 604-476-7000	Mission 604-814-5500	New Westminster 604-777-5740	Tricities (Port Moody) 604-949-7200
Newton 604-592-2000	North Delta 604-507-5400	North Surrey 604-587-7900	South Delta 604-952-3550	White Rock 604-542-4000	

[www.fraserhealth.ca](https://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.  
Catalogue #266261 (August 2024) For more copies: [patienteduc@fraserhealth.ca](mailto:patienteduc@fraserhealth.ca)

May 30, 2025

Dear Students, Parents, Guardians and Staff,

**Re: What you need to know and do about measles**

As your Public Health and Preventive Medicine Doctors at Fraser Health, we are concerned about measles in Fraser region. Measles is a highly infectious and serious disease caused by a virus. It can lead to complications like pneumonia, encephalitis (swelling of the brain) and even death. We hope the information in this letter will help keep families protected from measles.

Measles cases are being reported [across Canada](#) now. The risk of measles infection and disease transmission is **high** among those not immune to measles.

To protect yourself, your family, and your community from measles infections and outbreaks, we recommend you take following steps within the next few weeks:

1. **Know measles signs and symptoms:**
  - a. Symptoms of measles include fever, cough, runny nose, and red and inflamed eyes, followed by a rash. The rash usually starts first on the face and neck, and spreads to the chest, arms and legs. It lasts about 4 to 7 days.
2. **Check your family's vaccination records and update your vaccinations as needed.**
  - a. Go to [BC Health Gateway](#) to look up your and your children's immunization records.
  - b. [Update your records](#) so your doctors and nurses have most up to date information.
3. **Get vaccinated against measles:**
  - a. Immunization is the best way to prevent measles and is very effective in preventing disease. Please check that you (if born after 1970) and your children have received at least two doses of measles containing vaccine.
  - b. Measles vaccination is given as a two-dose series.
    - i. Children are routinely provided with two doses of a measles-containing vaccine: The first dose is given as the [measles, mumps, rubella \(MMR\) vaccine](#) at 12 months of age. The second dose is given as the [measles, mumps, rubella, and varicella \(MMRV\) vaccine](#) around kindergarten entry, between 4 to 6 years of age.
  - c. In Fraser Health, measles vaccines are available at [many convenient pharmacy locations](#) and physician offices, as well as at [all public health units](#).
4. **Stay home when sick:** If your children have symptoms of measles, please keep them home. Please avoid sending the children to schools, to group activities, classes or parties and other social events, while they are symptomatic. This will protect your friends and families, other school children and staff, as well as members of public.
  - a. If you need to seek healthcare and are worried you or your children may have measles, please call ahead. This allows clinics and hospitals to put in measures to limit the risk of spreading measles to other patients and staff.

We work to keep our communities safe and healthy. Let us work together to prevent an outbreak that affects our schools and communities.

Sincerely,

Medical Health Officers at Fraser Health

fraserhealth.ca   



# What to Know About Nicotine Pouches

A Resource for Parents, Caregivers, and Educators

## WHAT ARE NICOTINE POUCHES?

Also known as “Zyn”, “nic pouches”, and “lip pillow/decky”.

Nicotine pouches are small bags that contain nicotine/nicotine salts, water, sweeteners, and flavours. They sit against the gum, under the lip, and release nicotine for up to one hour.



## NICOTINE POUCHES ARE HARMFUL TO YOUTH

- ① Nicotine is highly addictive and children and youth may develop nicotine dependence more quickly.
- ② Nicotine affects memory and concentration, can alter brain development, reduce impulse control, and cause cognitive and behavioural issues in children and youth.
- ③ Nicotine dependence can result in withdrawal and cause symptoms such as headaches, shakes, dizziness and feelings of anxiety or depression.
- ④ Nicotine pouches are relatively new products and the long-term health impacts are not yet known.

## SAME NICOTINE AS VAPES, NEW PACKAGING

- ① The commercial tobacco and vaping industry is designing new products and may be using marketing strategies that appeal to children and youth.
- ② They market and sell nicotine pouches in fruity and sweet flavours with brightly coloured packaging.
- ③ Nicotine pouches are promoted as being convenient and discreet – they fit in a pocket and are more difficult to spot than smoking or vaping.
- ④ Nicotine pouches are popular on social media with influencers that may have large youth followings.

## NICOTINE POUCHES ARE ONLY RECOMMENDED TO HELP ADULTS QUIT SMOKING

As of February 2025, the only nicotine pouch that is approved for sale in Canada is ZONNIC:

- ① The purpose of ZONNIC nicotine pouches is to help people aged 18 years and older quit smoking.
- ② They are legally sold by health care professionals behind the pharmacy counter.
- ③ Each ZONNIC pouch has 4 mg of nicotine. This amount is usually recommended for adults who smoke 25 or more cigarettes a day who want to quit smoking.

Unauthorized nicotine pouches in Canada include:

- ① Brands and flavours other than ZONNIC in “chili mint”.
- ② Nicotine concentrations higher than 4 mg per pouch.
- ③ Products sold online and in retail stores like gas stations and convenience stores.

## TIPS TO SUPPORT YOUTH IN MAKING INFORMED DECISIONS ABOUT NICOTINE USE AND HEALTH

- ① **Be a positive role model:** Your attitudes and behaviours toward nicotine use are influential.
- ② **Have conversations about nicotine use and health:** Know your goals for the conversation, find the right time and place, provide factual information, practice active listening, and answer questions honestly.
- ③ **Stay connected:** Support youth to build positive self-esteem, engage in meaningful activities like sports, arts or other, and create and maintain healthy relationships.

## FOR MORE INFORMATION AND RESOURCES

QuitNow  
[quitnow.ca](http://quitnow.ca)

Talk Tobacco  
[smokershelpline.ca/talktobacco/home](http://smokershelpline.ca/talktobacco/home)

Foundry  
[foundrybc.ca](http://foundrybc.ca)



HealthyBC



fraserhealth  
Better health. Best in health care.



Interior Health



northern health  
the northern way of caring



# Young Rembrandts **DRAWING** SUMMER DAY CAMPS FOR KIDS IN FORT LANGLEY



## JOIN YOUNG REMBRANDTS SUMMER DAY CAMPS!

Get kids off screens and spark their  
creativity!

Creative fun for ages 3-12.

**SESSIONS START AT JUST \$99!**

Unleash your child's imagination this  
summer—register online today and let the  
adventure begin!—

For details  
& to register  
online  
scan!



**ENROLL  
TODAY!**



Young Rembrandts

[WWW.YOUNGREMBRANDTS.COM/LOWERMAINLAND](http://WWW.YOUNGREMBRANDTS.COM/LOWERMAINLAND)

## IMPACT HOOPS

## SUMMER CAMPS LANGLEY & ABBOTSFORD - GRADES 4-12



Dates	Time	Location	City
July 7-10	9:00-2:00pm	Credo Christian	Langley
July 14-17	9:00-2:00pm	Credo Christian	Langley
July 21-24	9:00-2:00pm	CBC	Abbotsford
Aug 5-8	9:00-2:00pm	CBC	Abbotsford
Aug 11-14	9:00-2:00pm	Walnut Grove	Langley
Aug 18-21	10:00-2:00pm	Walnut Grove	Langley

### EARLY BIRD DISCOUNT

If you register **by June 25th**  
cost will be \$295.

### PLAYER DEVELOPMENT BASKETBALL 10 LEADERSHIP

778 808 5170 | [www.impacthoops.ca](http://www.impacthoops.ca) | [info@impacthoops.ca](mailto:info@impacthoops.ca)

7 - [www.impacthoops.ca/summer-camps](http://www.impacthoops.ca/summer-camps)

## Health Messaging – Fraser Health

As part of its health promotion for students and families, our community partner Fraser Health is sharing important information on various topics. .

### ***Youth Vaping Information (from Fraser Health)***

*Health, safety, and wellness continue to be a priority in our schools. To help support our students and families, we are sharing important information from our community partner Fraser Health about youth vaping. Please see below for helpful reminders to support your child. **Vaping is popular among youth. Daily or near-daily use can increase the risk of mental and physical health harm.***

In 2023, 26 per cent of youth in grades seven-12 in British Columbia reported having vaped. The most commonly reported age B.C. youth tried their first vape was 13.

### **How to Support Youth to Prevent, Delay or Reduce Vaping**

Be supportive and expect that there may be setbacks. Here are some ways you can be a role model and offer support:

- Have open conversations about vaping. Try to understand their beliefs and see where you can offer facts that may help them better understand the risks.
- If you use tobacco, cannabis or vaping products yourself, be honest with your child about the risks and any regrets, difficulties and health effects resulting from your experience.
- Talk with your child about ways they might be able to refuse vaping in a way that makes them comfortable.
- If you vape, try quitting or reducing vaping for your own health and the health of your children. If you want to quit smoking or vaping, contact [Quit Now](#) for supports.
- If you vape, do not vape around your children to avoid exposing them to second-hand vapour.
- Keep vapour products out of reach of children and youth.
- [Tip sheet for parents: Talking with your teen about vaping](#)

Learn more about vaping products: [Youth and Vaping - Fraser Health Authority](#)



More information about child and youth substance use, including services, programs and resources available for children and youth: [Substance use in children and youth - Fraser Health Authority](#)

## **Healthy and Safe Summer (from Fraser 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 loose-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 <https://www.fraserhealth.ca/health-topics-a-to-z/sun-safety>*

#### **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 [www.fraserhealth.ca/wildfiresmoke](http://www.fraserhealth.ca/wildfiresmoke)*

#### **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. [Local farmers’ markets](#) and [u-pick farms](#) 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:*

<https://www.fraserhealth.ca/health-topics-a-to-z/summer-health>

### **Language Matters: Resource Guide for Families**

This resource is designed to help parents, guardians and caregivers of school-age children (ages 5-11) and youth (ages 12-18) learn more about common language and concepts on mental health and substance use. It was developed by the BC Ministry of Education and Child Care in partnership with the BC Children’s Kelty Mental Health Resource Centre.

<https://www2.gov.bc.ca/assets/gov/erase/documents/mental-health-wellness/mhsu-language-guide-for-families.pdf>

## Highlights at the Fort

June 2025

# NEXT GENERATION NEWS

Editor: Peter Thiessen

### SPORTS DAY 2025 HIGHLIGHTS!

1. The BIG BALL OF DOOM was a game where 2 teams joined together and raced toward the center of the field, where the principal dropped a giant ball. Whichever team hit the other team's net with the ball won.

2. BOUNCY CASTLE RACE was a game where 2 people from different teams compete to reach the end as fast as they can all while going through different obstacles.

3. BALLOON TOSS was where 2 people from the same team pass a water balloon back-and-forth all while moving backwards slowly and trying not to pop the balloon. The last team standing with a full balloon wins.

4. TUG-O-WAR was a station where 2 teams work together to pull a rope in their direction while the other team also pulls the rope in the opposite direction. The team that pulls it over their own line wins.



This was not the first class but it was an old class from 1950.

Source: <https://collections.fof.ca/museum>



Fort Langley Public School. Courtesy N. Sherritt

## OLD Fort Langley Elementary

This is what it used to look like

Did you know that Fort Langley Elementary used to look very different than it does today?

Fort Langley Elementary was actually started in an abandoned building in Derby on April 27, 1867, so it is over 150 years old. In 1911 a small new school was built on the land we use today. Then in 1957 it was torn down so a newer and better building could be built.

The original Fort Langley Elementary school playground had a metal structure with pea gravel. It was later updated into a more modern playground that had extra things like a slide, climbing structures, a spider web, a tree climber, and swings. The pea gravel also got replaced with wood chips later.

For the first year of Fort Langley Elementary, there were only 17 kids there. Now, in 2025, there are over 300 students!

I hope you enjoyed reading about the school.

This information was from this Retired Teachers website, so look it up and enjoy reading more for yourself.

<https://berta.ca/langley/history/fort-langley-elementary-school/>





8 - Ms. Harder and Ms. Nelson's classes recently presented the Hawk Virtue of the Month which was courage!



9 - Ms. Harder talks about courage



10 - Thank you to SEA Ms. Silver for sponsoring our Kindness Club

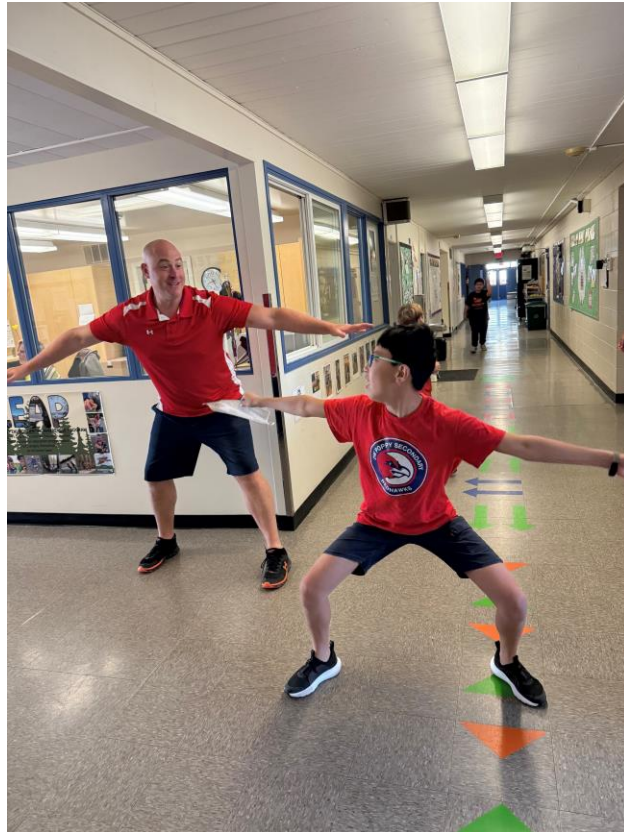






11 - We prepare to say goodbye to music teacher Ms. Evans who is set to retire this year!





*12 - Henry showing Mr. K how to fly straight*



*13 - Thank you to the Miller family for organizing and executing many treats days this year! Here is Bryan bringing in the gourmet donuts!*





14 - Ms. Taleon and Ms. Young handle the grill during LEAP's annual year-end celebration BBQ out at Campbell Valley





15 - Mr. K came out for the BBQ and snapped this picture of Grayson holding a dragon fly



16 - Ms. Balakrishnan's grade 5 class enjoyed a recent trip to the BC Farm Museum







17 - Students in Ms. Bendo's class show off their mask creations



18 - It was an honour and pleasure to listen to Div 2's oral presentations/speeches last week. These were top notch and very impressive across the board.



19 - Congrats to Eli S who was honoured for having one of the best cakes at the FLE Family Fun Night!







20 - Ms. Harder's grade 1 students found additional opportunities to explore what courage means and looks like....



21 - [How Fear Drives Me To Win In Olympic Cycling | Game Of Life | Brawlers - YouTube](#)



22 - Sitting volleyball lessons to learn empathy and understanding



23 - May Hawk Award winners





24 - Cookie creations in Div. 15



25 - Parent Hailey Frank is honoured during our last Hawk Award ceremony





26 - Ms. Lowdermilk always offers up special themed days and unique experiences



27 - Tov took part in our Mini-Hawks basketball program



28 - ʔi ʔə tə ná lelə́ms tə χəχiməls

*Literal translation:* this the exist house the hawk

*The home of the Hawks*