

# Hollyburn This Week

*Highlights, Happenings, and What's Ahead*



## **Good evening Hollyburn Families,**

First and foremost, a huge congratulations to our incredible Ultimate Team, who took home the coveted Spirit Award at today's District Ultimate Tournament at Hugo Ray Park! Rain or shine, these students showed up with smiles on their faces, cheered each other on, and truly embodied the spirit of the game. This award was well deserved. A big thank you to Coach Maukonen and Coach A for their outstanding leadership and support!

We've had an exciting week of learning and community-building! Two of our classes took part in First Aid training, learning how to respond to everything from asthma attacks to severe wounds, including CPR and the ABCs of saving lives. We also launched an enthusiastic K–4 Garden Club full of passionate young green thumbs!

In connection with the federal election, students learned about the democratic process and participated in a Student Vote — a great opportunity for hands-on civic engagement.

As we look ahead to next year, we welcome your thoughts. Please take a moment to complete our [Parent Input Form for 2025–26](#). On that note, this week's Weekly includes important information about combined classrooms, a common practice in BC schools that helps support a balanced and dynamic learning environment.

Wonka Jr. tickets go on sale May 6, 7, and 8! Limit of two tickets per family — they will sell out quickly! Looking for front row seats? Don't forget to enter our Golden Ticket Raffle for a chance to win premium seating.

Lastly, we can't wait to welcome you to our Family Friday – Wonka Edition this Friday! We'd love to see all our families here at Hollyburn for a sweet start to the day.

Warmly,

Breanna Lloyd

**Principal, Hollyburn Elementary**

# THIS WEEK



5<sup>th</sup> -  
9<sup>th</sup>

**Monday**

**PL3Y DANCE for PRIMARIES**



**Tuesday**



**WONKA TICKETS GO ON SALE**

**8:30 - 9am & 2:40 - 3:10pm**

**PL3Y DANCE for PRIMARIES**

9AM: PAC MEETING IN THE LIBRARY

all are encouraged to come and attend!

3PM Wonka Cast Costume Fitting

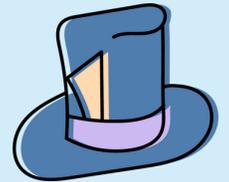
**Wednesday**

**WONKA TICKETS ON SALE (outside of office)**

**8:30 - 9am & 2:40 - 3:10pm**

**PL3Y DANCE for PRIMARIES**

**DIV 1 FIRST AID**



**Thursday**



**WONKA TICKETS ON SALE (outside of office)**

**8:30 - 9am & 2:40 - 3:10pm**

**PL3Y DANCE for PRIMARIES**

**Friday**



**FAMILY FRIDAY - WONKA THEMED!**

**IMMUNIZATION CLINIC**

**PL3Y DANCE for PRIMARIES**

**2:50 PM: Freezie Friday Fundraiser for Wonka**



**FOR COMMUNITY CONNECTIONS CLICK [HERE](#)**

# PL3Y EDUCATION

# PL3Y DANCE for PRIMARY STUDENTS

PL3Y programs are the world leader in developing physical literacy through school-based programs. All of the sequences for dance, yoga and fitness, target the development, refinement and mastery of Fundamental Movement Skills, which are the building blocks of movement for lifelong active living. Through challenge-based coaching and success-based skill activities, they help students develop positive mindsets about physical activity so that students can be confident and motivated movers, for life!



## WEST VANCOUVER FOOD SECURITY PLAN

The West Vancouver School District Food Security Plan help's students and families by providing confidential financial support for families facing food insecurity. Families are encouraged to reach out directly to Principal Lloyd ([blloyd@wvschools.ca](mailto:blloyd@wvschools.ca)) or to [feedingfutures@wvschools.ca](mailto:feedingfutures@wvschools.ca) if they need support with food-related costs.



# COMBINED/MULTI-AGE CLASSROOMS AT HOLLYBURN

As we begin planning for the 2025–2026 school year, we wanted to share some helpful information about how classrooms are structured in West Vancouver Schools.

You may have heard the terms "split class" and "combined/multi-age class" used when talking about classroom organization. While they sound similar, there is an important difference:

- Split Class: Two separate grade groups are placed together in one classroom but are taught separately, with minimal overlap.
- Combined/Multi-Age Class: Students from two grade levels form one learning community. Parts of the curriculum are taught together, and students often work collaboratively, while assessments are still done according to their individual grade levels.

Our curriculum in B.C. is built using a "spiral approach," meaning key topics and skills are revisited throughout a student's school journey, each time at a deeper and more complex level. This design makes combined/multi-age classrooms a natural fit, as students can learn alongside peers while growing at their own pace.

At Hollyburn, our teachers are committed to meeting each child where they are, providing personalized learning opportunities regardless of their grade. We believe that in every classroom — whether single-grade or multi-age — each student's growth and success are at the center of our work.



**COMING  
SOON**

Monday, May 5 <sup>th</sup> - Friday, 9th	Y2P Dance for Primaries
Tuesday, May 6th	PAC MEETING in the Library - all are welcome!
Wednesday, April 7th	Div.1 First Aid Training
Friday, May 9th	FAMILY FRIDAY - WONKA THEMED
Wednesday, May 14th	Div. 3 First Aid Training
Thursday, May 15th	Welcome To Kindergarten (25/26 Class) WVSS Zone Band Festival at WVSS
Friday, May 16 <sup>th</sup>	PRO. D Day - school not in session
Monday, May 19 <sup>th</sup>	VICTORIA DAY - school not in session
Thursday, May 22nd	WVSS ROCK BAND PERFORMANCE
Tuesday, May 27th	Grade 7 Orientation WVSS PAC MEETING
Wednesday, May 28 <sup>th</sup>	Div 3. Field Trip to Science World

# GOLDEN TICKET RAFFLE



Enter to win two front-row seats to one of the three performances and VIP parking in Principal Lloyd's reserved spot.

Winners: Six lucky families will be selected

Prices: \$2 per ticket or  
3 tickets for \$5

Purchase your raffle tickets starting  
May 1st to May 15th through  
Mrs. De Lucrezia (Mrs. D) &  
Ms. Lloyd in the office



# Supporting your Child's Mental Wellness: Screen Use for Children aged 5-12



This is an emerging area of research. However, we know that there are both benefits and risks of screen use.<sup>1</sup>

<sup>1</sup>(Canadian Pediatric Society, 2019)

## Potential benefits include<sup>1</sup>:

- ✓ Social connections and friendships, self-expression and creativity
- ✓ Learning opportunities, cognitive and social development

## Risks include<sup>1</sup>:

- ✓ Behaviour and conduct challenges, negative impacts on learning and academic outcomes
- ✓ Negative impacts to mental health, decreased sleep quantity and quality, impacts to vision health, and lower levels of physical activity

## How much screen time is too much?

The Canadian 24 hour movement guidelines recommend that children spend **less than 2 hours per day on recreational screen time**

(not including time spent on school-work)

However, **quality matters as much as quantity**, and **every child** is **unique** and **will experience the benefits** and **risks** of screen use **differently**.



Parents and guardians are encouraged to create **personalized family media plans** to address their child's needs. Setting limits when children are young is easier than cutting back when they're older.

# Follow the 4 C's for some evidence-based tips to manage your child's screen use<sup>1 2</sup>: <sup>2</sup>(American Association of Pediatrics, 2024)

## 1) Communicate- Have regular, open conversations with your child about their tech use.

- Be open and curious when talking to your child about tech use. Ask questions like "what do you like about this show/app/game?" or "how does it make you feel after watching/using/playing it?" Let your child know that they can talk to you about anything negative or upsetting they see online. If they've gotten a phone and have started texting friends, check in about how those interactions are going. Continue to be present and engaged when screens are used. Whenever possible, **co-view and talk about content with children.**
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## 2) Content- When using screens, prioritize activities that are educational, active, or social.

- Help children choose developmentally appropriate content and recognize problematic content or behaviours. Read reviews, such as those on [Common Sense Media](#) or [Plugged-In](#) to find out what shows, games, and movies are the right fit for their maturity level. **Consider using parental controls with the ultimate goal of having your child begin to manage their own limits as they grow older.**

## 3) Calm- How does your child calm down emotions or go to sleep?

- **Support kids in settling their bodies to sleep by putting devices away at least 1 hour before bedtime.** Teach them techniques such as deep breathing and listening to quiet music to help calm their brains.
- When your child is bored, try going outside to play, do something creative, or play a game together instead of using screens.

## 4) Crowding Out- Instead of focusing on 'reducing screen time,' think about what your family wants to 'add back in.'

- **Ask your child: what does media get in the way of?**
- Talk with your kids about balancing time on screens so that there is enough time to sleep, read, play outside, draw, hangout, and play sports with other kids. Parents can role model putting phones down at bedtime, dinnertime, or on car rides - whatever makes sense for your family's media plan.