

April 25, 2019



Silverback News

Mapes Elementary School: Home of the Silverbacks!

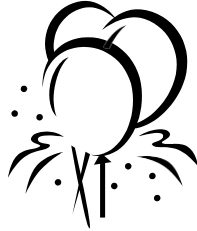
14907 Mapes Rd., Vanderhoof, BC V0J 3A1

Tel: 250-567-4341

Happy Birthday!

Best Birthday wishes to our students celebrating a birthday in April:

- April 20th - Peri
- April 21st - Ross
- April 26th - Ethan
- April 30th - Emily



DATES TO REMEMBER

- May 1st - Jump Rope for Heart ♥
- May 1st - Pizza Hot Lunch
- May 3rd - Sturgeon Release
- May 8th - PAC Meeting
- May 10th - Pro-D Day (No School)
- May 15th - Grilled Cheese Hot Lunch
- May 16th - Maxine's Greenhouses Plant
🌻🌻🌻 Order Pick up 4:00 PM - 6:00 PM 🌻🌻🌻
- May 17th - Vanderhoof Aquatic Swim 12-1
Parent Volunteers needed!
- May 20th - Victoria Day (No School)
- May 24th - Primary Fun Run @ FSJ
- May 29th - Track & Field @ FLESS
- May 30th - Hot Dog Hot Lunch *Date Change*
Due to Track and Field Hot Lunch will be on Thurs
- June 21st - National Indigenous People's Day
- June 27th - Last day of school - ½ day

It is hard to believe that we will be welcoming the month of May next week and the annual sturgeon release on Friday May 3rd. Mrs. Desmarais' class will be attending the event this year and we have a total of ten sturgeon to release into the Nechako River. There are a variety stations set up at Riverside park for students to learn from and participate in various activities. As it is an open event, parents are welcome to attend. If you would like to accompany the class, please call the office as parent volunteers are always welcome.

We have our month end assembly on Tuesday April 30th and a visit from artist Shirley Babcock who will be presenting and working on an art project with each class.

As we move closer to the end of the school year, there are many events and activities to keep us all a little bit busier. We often have children and adults who are more tired as a result and we will strive to be mindful of the fatigue that can set in with the longer daylight hours.

Remember that our Jump Rope for Heart event is being held on May 1st and any sponsorship that you have collected will need to be turned in on that day.

~ Ms. Soffel

LOST & FOUND

We have a lot of winter gear in our lost & found! Please visit the school and have a look to see if anything belongs to your household. 😊

Mapes Strong Start

Monday - Thursday
9:00 - 12:00

COME JOIN US!



Nechako Valley Swim Club Summer Season begins May 1st. Please see our website for more information about swim assessments and registration.

<http://nechakovalleyswimclub.teampages.com/>



Vanderhoof Community Pitch-In

**Saturday, April 27th
10am @ Riverside Park**

BBQ for volunteers showcasing local food @ noon!

Drop by the park, pick up your bags, choose a route, and make a difference in our community!

Bring gloves, a mug for hot drinks, a smile, and as many people as you can muster!

**41st Annual Wild Goose Chase
Fun Run, Vanderhoof BC
May 5, 2019 at 10:00am
3.5km & 8km Run or a 5km Walk**

Lots of Door Prizes to Give Away:

- 1 Mountain Bike
- Kids Only Gift Certificate for Earthen Ware
- 1-Month Membership to Vanderhoof Health and Fitness
- Over \$750 in Gift Certificates to:**
- Stride and Glide Sports
- Vanderhoof Department Store
- Omineca Source for Sports
- Earthen Ware
- Home Hardware
- Woody's Bakery
- Tasty Tandoori
- And more!**

All kids under 8 get a medal for finishing!

**Register at 8:30am on May 5 at WL McLeod
Or visit www.strideandglide.ca to register**

Thanks to our Sponsors: New Gold, Omineca Medical Clinic, Sweeping Beauties Janitorial, Earthen Ware Ltd, Integris Credit Union, Li-Ching & Michael Reed, Barton Insurance Brokers, Four Rivers Co-op, M4 Enterprises, Dr. Collard, MNP Vanderhoof, Northern Trail Solutions, Stride & Glide Sports, Omineca Source for Sports, Vanderhoof Department Store, Home Hardware, Bakery Lobelle (Woody's Bakery), J & S Drive Inn, Vanderhoof Health & Fitness, Canfor Plateau, District of Vanderhoof, Cozy Corner Pizzeria, SD91, Barehands Landscaping, Northland First Aid



In Partnership with:

- Nechako Waste Reduction Initiative
- Nechako Valley Food Network
- Vanderhoof Tim Hortons
- District of Vanderhoof
- Pitch-In Canada



Time to clean out the closet

Seniors Connected is looking for your gently used clothing for a senior's clothing swap



If you would like to donate

Drop off is at Riverside Place

Just ring the door bell and ask for Marina

mens@nvcss.ca or 250-567-8587

SNAP® (Stop Now And Plan)

SNAP is a proven program that teaches children with behavioural problems, and their parents, how to make better choices "in the moment"

SNAP® stands for STOP NOW AND PLAN and is a program for children ages 6-11, and their caregivers. SNAP® is a program that helps children and parents regulate angry feelings by getting them to stop, think, and plan positive alternatives before they act impulsively. Nechako Valley Community Services Society (NVCSS) has trained staff to deliver the SNAP® program and is currently looking to start a **SNAP Boys Group (10-11 years of age).**

This program will start on May 6, 2019 and will be weekly 1.5 hour sessions for both parents, and children for 13 weeks. This program has an open referral so please call 250-567-9205 and ask to learn more about the SNAP program. We look forward to hearing from you!



On May 10th RBC is supporting BC Children's Hospital. Everything is by donation, it all goes to the BC Children's Hospital to support BC's Children

ACTIVITIES!

TLC face and body painting will be donating her time and paint. She will be doing face painting by donation from 10am – 3pm for anyone who is interested. The RBC Staff will be manning the BBQ and giving out Hot Dogs by donation from 11am – 3pm. Make sure to stop by for lunch or a little pick me up. Don't forget to let the Sunshine in!

