ÉCOLE LARSON ELEMENTARY
Weekly Newsletter

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WEEKLY INTENTION



Je fais la bonne chose, même quand personne ne me regarde.
I do the right thing even when no one is looking.

UPCOMING DATES

- **Curriculum Implementation Day (students not in attendance)**
  Dec 4
- **Learning Updates Published**
  Dec 10
- **Last Day before Winter Break**
  Dec 18
- **Schools Re-open**
  Jan 4
- **Grade 6 Outdoor School Program**
  Jan 5-8

E.C.H.O.

- Empathy / Empathie
- Community / Communauté
- Harmony / Harmonie
- Ownership / Obligation personnelle

LARSON'S WEEK AHEAD

Monday	Tuesday	Wednesday	Thursday	Friday
Rainbow Protectors 12:25pm				**Fun Lunch** Mr. Sushi + Booster Juice **PALS Movie Night** 5:45pm

MESSAGE FROM THE PRINCIPAL

It's hard to believe how quickly November is passing by. The days are getting shorter, the weather is turning wetter, and there is no doubt that winter is beginning to make its presence felt. Despite the rain outside, spirits remain high inside Larson.

As the weather continues to change, **please ensure your child comes to school dressed appropriately for the conditions. We also recommend sending an extra set of clothing in their backpack,** just in case a puddle, splash, or unexpected rain shower leads to a wet outfit during the day.

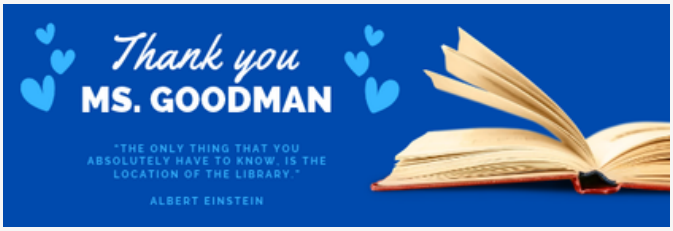
We begin the week with **Rainbow Protectors on Monday at lunchtime,** before ending the week with **Fun Lunch and the PALS Movie Night on Friday evening.** A sincere thank you, once again, to our incredible PALS team for the many ways they support our students, staff, and school community.

We wish all of our Larson families a wonderful week ahead.

Dean Yeo
Principal

Cynthia Zhu
Vice Principal

ANOTHER SUCCESSFUL BOOK FAIR AT LARSON



LITTERLESS LUNCH - Pack-in-Pack-out



- **Bring it Home** - All packaging, uneaten food, and scraps go back home with your child. This includes Munch-A-Lunch packaging, except for liquids like milk, ice-cream, and yogurt.
- **Zero-Garbage Lunches** - Use reusable containers, snack bags, and drink bottles instead of single-use packaging.
- **Reusable is Key** - Send washable containers and a sealable bag for leftovers or compostable scraps.



Please remember to pack your own cutlery.
The office does not have extra cutlery to give out.





LATE DROP-OFF REMINDER

We encourage parents to ensure their students are here on time. However, if you are dropping off your child after the start of the school day, please be mindful during morning announcements. **We ask that parents remain quiet in the hallways - no talking** - so students can hear and participate in this important part of their day. **Thank you for helping us keep this time respectful and focused!**



SCREEN TIME & STUDENT LEARNING

health CORNER

Screens are a part of daily life for children at home and at school, but too much recreational screen time can affect learning, sleep, brain development, and overall well-being. According to Statistics Canada, only 44% of Canadian children consistently meet recommended screen-time guidelines. Exceeding these limits is linked to challenges with sleep, attention, behaviour, and learning, while staying within them is associated with better mental health and stronger school outcomes.

When screen time replaces outdoor play, reading, creative activities, and face-to-face interaction, it can affect focus, memory, language, and self-regulation.

Canadian Paediatric Society recommendations:

- No screen time for children under 2 (except video chatting)
- Less than 1 hour per day for children aged 2–5
- For school-aged children, focus on balance, quality, and healthy limits

Tips for families:

- Create screen-free times, especially before bed
- Keep screens out of bedrooms
- Encourage reading, outdoor play, and creative activities
- Talk with children about what they watch and play
- Model healthy screen habits

Balanced screen use helps children stay ready for learning, connection, and growth.



MESSAGE FROM PALS:

This section is provided by Larson PALS. Programs, events, and fundraisers listed below are organized by parent volunteers to support the Larson school community. Volunteer with us.

SAVE THE DATE

FAMILY MOVIE NIGHT — NOVEMBER 27th TICKETS ARE ON SALE NOW!
Orders: Pizza pre orders close on Tuesday Nov 24th at 11:50pm
https://www.larsonpals.com/events/holiday-movie-night-2

We need volunteers for the movie night, please sign up here.



HOLIDAY KID'S STORE — DECEMBER 3rd
Our much-loved Holiday Kids' Store returns on Thursday, December 3! This annual tradition gives students a chance to shop for holiday gifts using gently used items donated by Larson families. Donations accepted starting Nov 18th.

🖌️ **AFTERSHOOL PROGRAMS WINTER TERM**
Artmania is back with a new after-school program for **Grades K–5**! Kids will explore cartooning, character design, sculpture and claymation, with activities adapted for different ages and abilities.

Tuesdays, 2:50–5 PM from January 12–March 9
9 classes for $315
👉**Register Here**

Sports Explorers (Grade 1-4) is running a month-long program. Spots are limited.

Thursdays, 2:50pm - 4:20pm from Nov 12 - Dec 10
Location: School Gym
Price: $150 + GST
👉**Register Here**

🎓**GRADE 7 GRAD FUNDRAISERS**
Throughout the year, our Grade 7 students fundraise for their year-end graduation activities. Your support helps our graduating students as they prepare to wrap up their time at Larson!

Purdy's Chocolates Get a head start on holiday gifts. Place your order by Nov 30th
👉 **More Info & Order Here**

Friday Treat Sales Grade 7 students sell treats outside the school's main entrance every Friday. Treats range in price and are $2 or less.

STAY CONNECTED WITH LARSON PALS
👉 Instagram: **https://www.instagram.com/larson.pals**
👉 Website: **https://www.larsonpals.com**
👉 Facebook: **Larson Pals Facebook**

CONNECT WITH US

