

## École Citadel Middle School Updates and E-News – April 2, 2024, Welcome Back

Welcome Back from March Break École Citadel Community.

We hope that everyone has enjoyed a couple weeks of family and friend time, either exploring locally or getting away for some sun and fun. It is nice to have the kids back in the building and getting back into our routine's busy schedules. Plenty is going on around the school already. Here are a few bits and bites of things happening currently.

**Term Two Learning Updates** will be posted to MyEducation Portal on Friday April 12. Any supplemental reports including AIPs and IEPs will also be published. If you are unable to access your MyEd account, please contact Mrs. Perner in the office [mperner@sd43.bc.ca](mailto:mperner@sd43.bc.ca). Information on what to look for and how to access is listed on our website under the "Documents" tab.

**Athletics, Clubs and Activities:** Our Spring Sports are up and running this week with Track and Field, Rugby, Badminton all gathering interest and lining up our practice times. Look for notices home and details about practice times on our website. Track and field often has multiple practice times depending on the events and who is coaching. Rugby practices will be Mondays and Wednesdays and jamborees each week for 4 weeks starting the week of April 22.

Mr. Gill has split the **Archery Club** into two groups so stay tuned for which days those who have signed up will be learning the art and precision of Archery.

**Beauty and the Beast** rehearsals continue on Tuesdays and Wednesdays after school. Directors will be adding rehearsals as we get closer to the **performance week beginning June 10<sup>th</sup>**. The excitement is starting to peak in this Provincial Town!

**Parent and Student Healthy Living Opportunities:** Last year the school committed to bringing in some supplemental resources for our Healthy Living Curriculum across the school. We are looking forward to welcoming our Saleema Noon Sexual Health Educators in to present to classes next week and to parents on Monday April 8<sup>th</sup>. Please see information below and look for an email from your child's teacher outlining these presentations in the classrooms as well. We hope to see many parents online next Monday. (Zoom link provided below and on our website)

### **Body Science Boot Camp for Parents and Students with Saleema Noon Sexual Health Educators**

Each year, students in all middle grades throughout BC receive instruction in sexual health education. This information is included in the Physical and Health Education program mandated for all BC students by the Ministry for Education. From time to time, schools bring in experts in the field to address this topic with the school community. We are happy to inform you that this year Saleema Noon Sexual Health Educators will be visiting Citadel Middle to work with our grade 6, 7 and 8 students and their teachers.

In these Body Science presentations, Saleema Noon and her team of experienced educators work with children of all ages, teaching them about healthy bodies and healthy sexuality in ways they find non-threatening and entertaining. In their own language, children learn about how their bodies change, and what those changes mean.

We hope you'll join us on the parent info evening to learn more about what will be shared during these student workshops.

The content of the presentations is supported by current research as being age appropriate and contributing to healthy child development. Some of the topics Saleema Noon Sexual Health Educators cover in their workshops extend beyond the content of the BC Physical and Health Education curriculum. For this reason, parents may choose to have their children OPT OUT of the Body Science workshops. Your child's teacher will send home some information prior to the workshops with an opportunity to opt out of the session.

For more information about Saleema Noon Sexual Health Educators go to [www.saleemanoon.com](http://www.saleemanoon.com).

## **Parent Online Workshop**

Parenthood never arrives with a rulebook, and when it comes to explaining the world of sexual health to your child, it can be hard not to end up a bright shade of red. Using humor and straight talk in an open, interactive environment, Saleema Noon Sexual Health Educators will show you how easy it is to convey healthy, positive messages about sexual health to kids.

### **In this workshop PARENTS will learn:**

- Why we need to talk to children about sexual health at a young age
- How to reduce risk of child sexual abuse
- What children should know at each stage of development, with specific examples of how to explain concepts and processes
- How to become their kids' preferred source of sexual health information
- How to normalize open, honest sexual health conversations in their family
- How to effectively answer even the toughest questions kids ask
- What will be covered in Body Science workshops for students

Join us via live Zoom! On **Monday April 8<sup>th</sup> at 6:30pm.**

### **Topic: Citadel Middle Parents**

Time: Apr 8, 2024 06:30 PM Vancouver

### **Join Zoom Meeting**

<https://us02web.zoom.us/j/82370296050?pwd=b0cvdStqV3pvc0VieXlJVzcvMzRvUT09>

Meeting ID: 823 7029 6050

Passcode: 204550

**\*\* This event will not be recorded.\*\***

Glad to have the energy back in the building after our March break. April/May/June to tend to go by quickly so hold onto your seats and thank you as always for supporting your child's learning and sharing them with us everyday.

Kind regards / A bientot / Hay ce-p qe (thank you all)

Mark and Rachel.