



Kamloops School of the Arts

KSA Community Connection

1390 Ninth Avenue, Kamloops BC V2C 3X5

PHONE: 250-374-3200 FAX: 250-377-2245

Office Hours 8:00 am to 3:30 pm

NEWSLETTER FOR APRIL 2026

Dear Parents, Guardians, and Members of our School Community,

Welcome back! I hope each of you had a restful and rejuvenating Spring Break. I trust you had the chance to unwind, connect with loved ones, and recharge for the exciting final stretch of this school year.

Personally, I had a wonderful time with my family, and I am feeling re-energized and eager to continue this journey alongside all 498 of our KSA STAR students!

As we step into the final quarter of the academic year, it's amazing how quickly time seems to pass. We are already preparing for the transition to Term 4 on April 21st. Just as we witness tremendous growth in our students, we also see the world around us come alive with new life, from the blossoming flowers to the new growth in our surrounding community.

In the coming months, our calendar is filled with exciting events that highlight the vibrant arts and athletic culture of our school. We recently celebrated the success of our Junior Theatre production, *Too Many Ghosts*, and we are looking forward to the Senior Drama production of *Murder at the Dude Ranch* performing April 16th and 17th. In athletics, our Grades 4 to 7 students are shifting their focus from a fantastic basketball season toward our upcoming Track and Field meet in May.

We are also busy preparing for the future. We look forward to welcoming our newest learners during the "Mother Goose on the Loose" Kindergarten orientations starting April 28th. For our current families, please remember that Parent Input forms for 2026-2027 student placements are available at the office and are due by May 1st.

Of course, this season is particularly special for our Grade 12s. Between collecting baby photos for the yearbook and signing up for commencement art performances, the countdown to their June 12th Graduation Commencement at the TRU Grand Hall has truly begun. It is a milestone that celebrates years of hard work, dedication, and growth.

Together, let's embrace the final chapter of this school year with enthusiasm. As we navigate these busy months—including upcoming POD sharings sessions—let's make the most of every moment and celebrate every achievement. Your unwavering support and partnership continue to be invaluable.

Warm regards, Kukwstsétsemc,

Blair Lloyd, Proud Principal of 498 KSA STAR Students!



ATTENTION

Do not park, drop off, or pick up in the staff parking lot *OR* in front of the school on 9th Avenue.

This is to ensure the safety of all students.

Parents are asked to drop off/pick up their child on Fraser Street. The roadway by the bridge on Fraser street is drop off only. Please do not park in this area. We believe strongly in the safety of our children, therefore, please make sure you are aware of parking and traffic routines at our school. Students are reminded to follow road safety at all times. Students are required to use the crosswalk and look both ways before crossing the street.

School Safety & Visitor Procedures

As part of our continued commitment to school safety, new signage has been installed at both the front and back entrances of the school. These signs are to remind all visitors to report directly to the office through the front door of the school, where visitor name tags will be issued. This includes parents who are dropping their children off at their lockers in the mornings. As part of our morning routines, we encourage students to carry and organize their own belongings at their lockers. This helps them build independence and confidence as they start their day.

To maintain a secure and organized environment during after-school activities, all visiting sports teams and spectators are asked to enter through the gym entrance rather than the main school entrance.

REMINDER THAT DOGS ARE NOT PERMITTED ON THE SCHOOL PLAYGROUND.

Graduation MARCH Newsletter

Graduation Updates

- **FEES WERE DUE FEBRUARY 5th.** If you have not paid Grad fees you will receive email reminders, or follow up phone calls.
- **Baby Photos:** We are collecting baby photos to use when the students cross the stage and they will be included in the yearbook. Complete this [FORM](#) for submitting your photo by **Friday May 1, 2026.**
- **Arts Performances:** KSA has a tradition of including our graduating artists in the commencement ceremony. We encourage grads from all Art Majors to consider a drama, music, media arts or dance performance. Students can complete this [FORM](#) if they want to participate. Please sign up by **Wednesday, April 22, 2026.**



Graduation Information

Transcripts can be ordered via the Ministry of Education website. [HERE](#) are directions on how to order them.

COMPLETE SHORT SURVEY to help us with planning.

[Grad Banquet and Commencement 2026](#)

Important Dates for Grads

Wednesday April 22 - Last day to sign up for Grad art performances

Friday May 1 - Baby Photos due

Friday, June 12 - Commencements at TRU Grand Hall

Saturday, June 13 - Prom

TBA - District Honours Grad

TBA - Indigenous Grad

Grade 12 students will be running fundraisers to support their graduation! If you are interested, and you do not know a grade 12 graduate, please email ksagrad2025@gmail.com, they will help you out!



The final coffee house will be held on April 29th in the KSA Theatre. Tickets are \$5 and all proceeds go to supporting our 2026 Grads. Tickets will be available for pre-sale at the main office or at the door. Come support our grads and enjoy an evening of exceptional entertainment!

PARENT/GUARDIAN INPUT REQUEST FOR STUDENT PLACEMENTS FOR 2026-2027

Each May and June staff meet to organize classes with considerations given to learning needs, teaching styles, social dynamics, academic groupings, class size limits, gender balance, and where possible, parental requests. Moreover, tentative class lists are made through staff conversations first before parental requests are looked at. For those families who have significant concerns about their child's educational placement, we invite you to come into the school and pick up a PINK PARENT INPUT form from the office and return it by May 1st at NOON indicating the educational reasons for your request.

While this gives parents/guardians a chance to advocate for their child and their educational needs, it by no means guarantees that your request will be honoured so please keep this in mind. Ultimately, the SCHOOL ACT, gives the principal the final say on any child's placement in

their school. Please fill out one per child and please note the name requesting of a particular teacher you want or do not want is not the intent of this process.

Kindergarten Loose with MOTHER GOOSE



SPARK
Strong, Prepared And Ready for Kindergarten

PLEASE REGISTER AT
www.eventbrite.ca

KSA-SPARK - <https://ksakonl.eventbrite.ca/>

For any questions, email Crystal:
crystal.murgatroyd@bc.ymca.ca



SPECIAL invite for KSA'S new Kindergarten Families!

You are invited to attend KSA's Mother Goose on the Loose – Kindergarten Orientation Nights!

Tuesdays: **Cohort 1** : April 28-May 12 **OR Cohort 2** : May 19-June 2

Through song, rhyme, stories, and action, families will:

- Build healthy early learning experiences with language
- Build relationships with other parents
- Gain information about the Kindergarten program and school

Program Structure:

Families will register for one 3-week cohort within the series. This allows us to keep groups small and interactive while giving every family the chance to participate. Please choose only one cohort when registering.

Note: Due to space limitations, this invitation is especially for one caregiver and your new Kindergartener. Your soon-to-be Kindergartener will get the most out of this experience with special one-on-one, undivided attention with you. (Exceptions may be made in the event of childcare challenges.)

We look forward to playing with you!

Pod Sharings:

It is that exciting time of year again where our students get to show off all of the hard work they've been putting in as a pod. This is a showcase of collaborative learning developed in their studio time. Classes come together to present and reflect on their creative work. In the context of learning through the arts, it allows students to express ideas, academics, and understanding through artistic forms like music, visual art, dance, and drama. It highlights how the arts can foster communication, connection, and meaningful learning experiences.

POD 1: April 30th 1:00 pm & 6:00 pm

POD 3: May 12th 1:00 pm & 6:00 pm

K POD: May 6th 1:00 pm & 6:00 pm

POD 2: May 20th 1:00 pm & 6:00 pm

After School Programs

There are two upcoming afterschool programs for grades 4-7 on Fridays starting April 10th. Cooking Club and Art With Z!. Have your student pick up a permission form at the office. There are limited spots available for each program.

Drama Department

A message from Mrs. Melan

I want to personally give a huge shout out to the junior theatre production on the amazing job they did with the Junior Theatre production of **Too Many Ghosts**. This is a huge group of very talented kids and their hard work and professionalism really shone through in each show that we performed. I hope all of you enjoyed the show. I am very proud of all of them.



The Senior Drama Production of '**Murder at the Dude Ranch**' will be performing April 16 & 17th at 7-8:30 PM. Tickets are \$10 each and available to purchase from the office or at the door.

Athletic Department

Secondary

As we enter the spring sports season, we are excited to have two teams representing our school: Girls Soccer and, for the first time, Ultimate Frisbee.

The girls soccer team has already started the season with a bang, winning the recent futsal tournament! It was a great start and a strong sign of what the team is capable of this year. Games will begin shortly after Spring Break, and the team will be looking to build on last season's success as they aim to qualify for Provincials for the second year in a row.

We are also thrilled to introduce our Ultimate Frisbee team this spring. It's exciting to see a new sport growing at the school, and we look forward to watching the team develop and compete throughout the season.

Good luck to all of our athletes this spring!



Elementary

KSA had a fantastic Elementary Basketball season. Next up, Grades 4 to 7 will be working towards the Track and Field meet in May. Stay tuned for more details.

Swim Team

KSA will be represented at the School District Swim Meet on April 15th! We have a great group of swimmers who have been practicing with Mrs. Bouwmeester and Ms. Alpaugh at TCC. Special thanks to Mrs. Lopez for her coaching expertise! We are looking forward to the meet next month!

Learn To Bike

Grades 4/5 will be taking part in the Learn to Bike program at the end of May! Students who need them will be provided with a bike and will learn from a certified biking coach about road and bike safety. We look forward to learning more about how to be safe in our community! This program is put on by Adventure Into Life and this program is free of cost. Any questions please see Mrs. Bouwmeester.

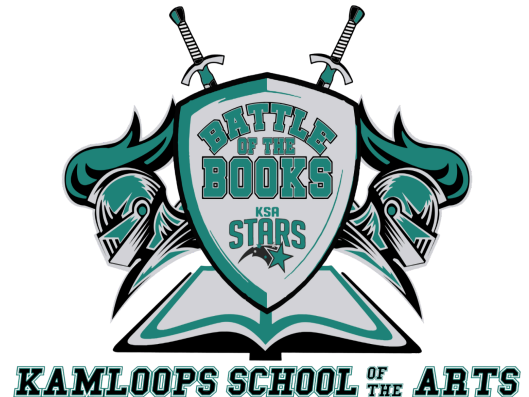
Battle of the Books

Our Battle of the Books teams have been practicing hard to prepare for the Zone Championships on April 16th and (hopefully) the District Championships on April 23rd.

Grade 3/4 Team: Tyler, Rose, Seren, and Abby as an alternate

Grade 5 Team: Lily and Clara

Also, a huge shout out to Mrs. Bouwmeester, our Grade 3/4 coach, and Grade 12 student Clara Foucault, our Grade 5 coach. Your hard work and dedication are very much appreciated.



Spotlight on Innovation: Kamloops School of the Arts

We are thrilled to highlight the unique educational landscape of the Kamloops School of the Arts (KSA). As a school of choice within our district, KSA offers a powerful approach to learning where the arts aren't just a subject—they are the heartbeat of the entire curriculum.

Why KSA Stands Out

The programming at KSA is built on the philosophy that creative expression fuels academic excellence. Students engage with the provincial curriculum through an "arts-infused" lens, integrating music, drama, dance, and visual arts into their daily studies.





Congrats to our Unplug and Play winners!

OLIVER JOWSEY	IRA DELA PENA
QUINN FINK	IYLA PEARSE
CONSTANCE KRAUSERT	LYNCON JOWSEY
CACHE SMITH	WILLOW BEARDWOOD
AYLA FINK	AVA NEWBERY

COUNSELLING CORNER

How do we **navigate a child's dysregulation**? We often see the meltdowns, the resistance, the seemingly "defiant" behaviors, and the struggle to connect. And in those moments, caregivers may ask: "Why won't they just listen?" or "Why are they acting this way?"

What if we reframe our understanding of dysregulation?

A dysregulated brain will have difficulty...

- ✗ Thinking logically/clearly
- ✗ Noticing breath
- ✗ Feeling "grounded" and "in the body"
- ✗ Following directions
- ✗ Having internal awareness of both mind and body
- ✗ Communicating in a clear manner
- ✗ Displaying a wide range of emotional expression

All behavior is communication. Dysregulation is not bad, it is communication. A child's behavior is their nervous system speaking, telling us what they cannot put into words. When we judge certain behaviors as "good" or "bad," we risk missing the deeper wisdom at play.

As we know, our autonomic **nervous system is not random**—it is beautifully designed to respond to perceived threats, to protect, and to seek regulation. **What we call "dysregulation" is actually a functional response, an attempt to restore balance and safety.**

- ◆ *What is this behavior trying to accomplish?*
- ◆ *How is this dysregulation serving the child?*
- ◆ *How is their nervous system working to find safety and connection?*

If we can think curiosity instead of judgment, we begin to see the brilliance of the system at work. We recognize that their child's behavior isn't something to fix, but something to understand.

This simple shift in perspective allows us to approach the child's behaviors with greater compassion, curiosity, and connection. (SPT, Lisa Dion)



Pod 2 is fundraising for spring field trips. Please support us by purchasing your spring flowers and soil from us. This is the same company as our Poinsettia Fundraiser in the winter. Their product is exceptional! Our goal is to sell 120 plants. Orders due by April 23rd and pick up is May 8th. Click on the link to order: [Growing Smiles Fundraiser](#)

Snacks and Lunches



We have seen an increase in students requesting food at the office. Please ensure you have sent enough snacks and lunch for your student(s). If your child attends after school care, they may need extra food for their time at daycare.

Growing minds need a lot of food!

Please pack cutlery for your child(ren).

KSA PAC NEWS

There are several ways in which you can be an active parent at Kamloops School of the Arts. Our Parent Advisory Council meets on a regular basis, and the meeting dates are published in the school newsletters and on the PAC KSA Facebook page

<https://www.facebook.com/groups/ksapac>

MARCH PAC UPDATE



Parents & Guardians of KSA students engaging to make KSA a great place for their students.

IMPORTANT PAC DATES:

- **April 16**- Moon Wok Hot Lunch
- **April 8** - PAC Meeting 6pm
- **Wed May 27** - PAC AGM & Last Meeting* - volunteer as a new exec member!
- **Thur, Jun 18** - PAC Family BBQ

NEXT PAC MEETINGS: Wed April 8, 2026 6pm. In The Commons (by the Elementary/Large Dance Studio), everyone is welcome! Park in the staff lot and come in through parking lot doors.

PAC AGM & MEETING: Wed, May 27

This is the one to show up for! And, it will *likely* be the last meeting of the school year, sets up the new exec for September. All positions will be open for KSA parents/guardians to be a part of this great group. We are especially interested in **finding a Treasurer!**

Positions descriptions can be found in KSA PAC's Constitution & Bylaws, or contact Loni (lonihorsley@gmail.com) or board@ksapa.ca for more info.

<https://www.facebook.com/groups/ksapac/permalink/2525338530968998/>

Please recruit your parent friends to come out and get nominated!

FAMILY BBQ! June 18 2026

Get ready to celebrate! We'll need volunteers for that day, sign up to come

PAC HOT LUNCH

The KSA PAC is excited to offer fun hot lunches once a month! **April 16** is from **Moon Wok**, and the order deadline is **April 2nd**.

To place your order, please visit: <https://munchalunch.com/schools/ksa>



Remember to select the “Kamloops School of the Arts (PAC)” button at the bottom!

POPCORN THURSDAYS \$1 & SLUSHIE DAYS \$2!

Prepaid popcorn will be delivered every Thursday for K-7 classrooms.

Students can always buy popcorn on Thursdays without pre-ordering.

STAY UP TO DATE

For the latest news and updates, use the KSA PAC

Facebook page: <https://www.facebook.com/groups/ksapac>. We recommend that you turn on your notifications for this group so you don't miss anything.

SECONDARY COLLABORATION (STAR) BLOCK 2025/2026

We are excited to inform you about our upcoming Secondary Collaboration Days at Kamloops School of the Arts. These sessions are designed to provide a valuable opportunity for secondary teachers to engage in Collaborative Inquiry, fostering a learning environment where educators can focus on new strategies to support student growth.

Collaboration Days will take place on the following dates:

- April 23
- May 28
- June 18



During the Collaboration Block (8:30 - 9:45 AM), secondary teachers will work in teams to explore ways to enhance student learning. The focus of this time will be on Collaborative Inquiry, which encourages teachers to engage in reflective discussions and informed action.

Secondary students are invited to come to school at the regular time in the morning (8:30 am) and will be supervised by a selection of secondary teachers and Certified Education Assistants to catch up on school work, participate in a school club or spend time reading a novel. Students who are caught up on their school work have the option to come for the start of D block at 10:00 am. As per the new technology policy, cell phones and any other devices that connect to the internet will not be allowed during the collaboration block.

Please note: This new Collaboration schedule **ONLY** affects *secondary* students, elementary students will continue to follow regular scheduled day.

ACCESSING MYEDBC FOR PARENTS/STUDENTS

Upcoming learning updates (report cards) will be uploaded to the [MYED portal](#). MyEducationBC (MyEd BC) is a secure student information system set up by the province of BC. Security is guided by the rules and regulations of the School Act and Freedom of Information and Protection of Privacy Act (FIPPA).



The [MyEd BC Parent Portal](#) is available for parents to access:

- Attendance information
- Report cards
- GradeBook marks (for those classes using the MyEd BC Gradebook)
- Your current contact information
- Individual Education Plans (and progress reports)
- Verification sheets
- Course schedule
- Course selection
- Student Portfolio

To learn more about accessing the portal, please click [HERE](#).

CHECK OUT THE KSA WEBSITE FOR SCHOOL INFORMATION!

Great information can be found on our [website](#).

Keep up-to-date by visiting our school [calendar](#).

Please note: events/dates are subject to change - please check with the teacher/organiser to confirm.

FEES PAID VIA SCHOOL CASH ONLINE

Starting September 2025 individual student fees (enhancement fees for field trips and athletics for example) will include a processing fee for all payment transactions using online payment options. This processing fee, which was approved by the Board after the budget consultation process last spring, represents actual costs the Board incurs for using online fee payment services. Cash and cheque payments will not incur this processing fee. We recognize that fee increases can be challenging for families. School District 73 is committed to ensuring that no student is excluded from an educational program or activity or extracurricular activity because of financial need as outlined in the District's Administrative Procedure 506: Student Financial Assistance.

You can access [School Cash Online](#) on our [website](#).

ATTENDANCE

At KSA the provincial curriculum is taught through an integrated arts program. Consistent attendance is a vital component of the program and absolutely necessary in order for a child to succeed. Significant student absences and lateness will impact your child's ability to do well and achieve success in the educational program we offer at KSA. However, on occasion it is necessary for your child to be away due to illness or other factors. If you know your child will be absent from school please call 1-844-350-2647 to report an absence or download the Safe Arrival app for smartphones. Please do this **prior to 8:20 am**.

SAFE ARRIVAL APP & REPORTING ATTENDANCE

Parents/guardians are to report absences on Safe Arrival. Safe Arrival handles the majority of parent/guardian contact (including phone calls) when a student absence needs to be reported. This system allows parents/guardians to interact directly with the system in the following ways:



To report an absence you may choose to:

- call the toll free # 1-844-350-2647
- access the following website: <https://go.schoolmessenger.ca>
- download app from Google Play or Apple's App Store

Please choose the reason for your child's absence from school: sick, family vacation, etc. Don't forget to wait for confirmation # to ensure your child's absence has been recorded. If you do not connect with the system **by 8:20 am** on the day of your child's absence from school and when the teacher has completed attendance for the class, then a report will be dispatched for all and the system will issue a call.

If you need to sign your student(s) out during the day, please also notify your teacher(s) in advance when possible, so they can plan accordingly.

AFTER SCHOOL PLANS

Please ensure you have made after school care plans for your child(ren) and have communicated this plan with your child(ren) prior to the start of the day. If your plans have changed throughout the day, please notify the school office and the teacher when possible. Elementary students are dismissed at **2:39pm**. High school students are dismissed at **2:54pm**.

When elementary students leave during the day due to illness or an appointment, a parent, guardian or pre-approved adult must come *into the office* to pick them up. Our staff must speak directly to the child's parent or legal guardian before they will be permitted to leave. If you know your child will be leaving early, please *also* inform your [teacher](#) prior to the date.

COMMUNICATION WITH THE SCHOOL

If you have any questions that come up during the year, there are a number of ways to get in touch:

1. Send an email. Staff and administration can be reached using the first letter of the staff member's first name's initial, followed by the last name @sd73.bc.ca. (Example: John Smith: jsmith@sd73.bc.ca) There are a few exceptions but staff email addresses are also listed on our [website](#).
2. Call the school at 250-374-3200. Office hours are 8:00 am to 3:30 pm.



MEDICAL POLICY

Please contact the school if your child has any health issues or potentially life-threatening conditions that we need to be made aware of. No medications (prescription or non-prescription) are to be administered by school district employees without prior written consent of the parent/guardian and doctors must sign a Request for Administration of Medication at School form which includes written medical advice from a physician. This form must be renewed/resigned each school year.

Head Lice (From Interior Health, Recommended Head Lice Management document)

Head lice can affect anyone, and are most common in the 3-11 year old age group. Head lice are annoying and may cause itching, but they do not cause disease. Reactions to head lice can subject children to teasing, bullying and isolation. For these reasons, head lice infestations should be treated.

Current research shows that school exclusion, early dismissal and no-nit policies do not prevent or control head lice infestations. In fact, these practices further stigmatize children, erode their self-esteem and interfere with learning. No-nit policies in schools and daycares are discouraged by both the Canadian Pediatric Society and American Academy of Pediatrics.

If there are economic reasons that a student's parents cannot purchase treatment supplies, the school will obtain the recommended products on the parents' and student's behalf.

What can Parents do to help the prevention of head lice?

Take a proactive approach in understanding lice facts and myths:

- Check the heads of all family members on a weekly basis.
- Increase this to daily head checks when a case of head lice has occurred in your child's classroom or one of the family members has been in contact with head lice.
- Treat only when live lice or live nits are found.
- Learn what these look like as it is easy to misdiagnose. Use a recommended treatment.
- Teach your child about prevention of head lice (avoiding head to head contact, not sharing hats, brushes, helmets, etc.).
- Tie long hair back.
- Refer to the Interior Health School Health Website for more information
<http://www.interiorhealth.ca/YourHealth/SchoolHealth/HeadLice/Pages/default.aspx>

Head Lice Assistance & Guidance

Struggling with nits? Ria Johnstone, a former ECE with extensive experience in early learning environments, is offering supportive and knowledgeable head lice assistance. Ria provides a calm, discreet, and family-centered approach to help you navigate outbreaks effectively and with total reassurance.

Whether you need a second set of eyes for a head check or guidance on removal strategies, Ria is here to make the process easier and less overwhelming. These services are being offered on a volunteer basis to support our school community.

Contact Ria for help or guidance:

- Phone: 778-257-0032
- Email: mayasmommy83@gmail.com

CELL PHONE EXPECTATIONS

KSA is fully committed to aligning its personal digital device expectations/policy with the new language mandated by Ministerial Order M89. This commitment is a result of collaborative efforts involving staff, parents, and students. The aim is to promote online safety and create focused learning environments for all students. As part of this commitment, KSA is in the process of developing new policies that adhere to the updated language set out in AP 350. These policies will further reinforce the school's dedication to the safety and learning of its students.



Guidelines for Personal Electronic Devices - ELEMENTARY

Students who bring devices such as cell phones, iPods or similar items will be instructed to keep them in their backpacks or lockers for the duration of the school day unless requested by the teacher for classwork. As per AP 350.1, the safekeeping of these devices are solely the

responsibility of the owners. We ask that students use the office phone when calling parents during the day due to illness or urgent matters. Students may use e-type readers for quiet reading times upon permission of the teacher. Electronic devices may be used for school activities with the teacher's permission, but no other recording/photographic devices may be used at any time. Cell phones or other devices are prohibited during recess and/or lunchtime. Failure to comply with this policy will result in the confiscation of the electronic device which will be retained by the teacher and/or turned in to the office for follow-up with administration.

KSA Phone/Technology Policy - SECONDARY

The KSA Secondary Phone/Technology policy addresses the appropriate use of all electronic devices during our regular school day. To that end, the following expectations must be adhered to with regard to proper and responsible technology use:

- Electronic devices are not allowed at KSA during instructional time. Cell phones/headphone devices may be used for educational/health-related reasons at the discretion of the individual teacher. Failure to comply with this policy will result in the confiscation of the electronic device which will be retained by the teacher and/or turned in to the office for follow-up with administration.
- Cell phones and other technology may be used at secondary break times.
- Creating or recording photos, videos, sound, or other digital artifacts without consent is prohibited at KSA at any time during the school day unless under the direct supervision of a teacher for educational reasons only. At no time will the use of any personal electronic device invade or infringe upon the personal privacy or safety of any member of the school district community.

Chronic cell phone misuse may result in the ban of the student's cell phone from the school. Students and staff can also refer to the following Administrative Policies for further information: School District #73 AP – 350.1 – Technology: Student Acceptable Use School District #73 AP – 350 – Student Code of Conduct.



KSA PAC NEEDS YOU!

Are you an accountant or just great with numbers?
Do you love staying organized and want to be involved in
the heart of our school community?

KSA PAC is seeking a new Treasurer for next year!

You don't need to be an expert—just someone comfortable with basic bookkeeping and able to attend monthly PAC meetings. The books are already well maintained, making for an easy transition!

Time commitment is approx. 6-10 hours per month; sometimes more, sometimes less

Screens aren't the enemy — but balance matters. Many parents are unsure what 'healthy screen time' actually looks like for different ages. This visual breaks it down simply, so you can make informed choices that support your child's well-being. *Remember: it's not just how long a child is online, but how they're using screens, how regulated they are before and after, and how supported they feel in between.* Use this guide as a starting point, not a strict rule book — every young person's needs are different.

Recommended Screen Access by Age

These recommendations are based on global child health guidelines and current research. They are not rigid rules; they are starting points to support healthy development.

Under 2

Avoid screens other than video calls with family. The developing brain depends on real-world interaction, movement, and eye contact.

Ages 2–5

Aim for around 1 hour per day of high-quality, adult-guided content. Break screen time into short periods rather than long passive sessions.

Ages 5–11

Aim for balanced use: around 1-2 hours daily of recreational screen time. Prioritise sleep, physical activity, social interaction, and outdoor play before screens.

Ages 11–14

Focus on routines and boundaries rather than strict minutes. Protect sleep by avoiding screens at least one hour before bedtime. Encourage tech-free mealtimes and shared family spaces.

Ages 14–18

Guide young people toward self-regulation: discussing dopamine loops, online safety, body image, cyberbullying, and how screens affect mood and sleep. Maintain clear expectations around routines and night-time boundaries.

If you'd like the full bitseize Healthy Screen Habits Info Sheet to go with today's visual, comment SCREEN below and I'll DM it to you.

The Contented Child

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

APRIL 2026

DENTAL HEALTH

April is Oral Health Month!



Healthy smiles help children learn, grow, and feel their best. Taking care of teeth and gums starts with simple daily habits like brushing twice a day with fluoride toothpaste, flossing daily, eating healthy foods, and visiting a dental professional regularly. Good oral health supports overall health and helps prevent problems before they start. This month is a great reminder for students and families to focus on the basics and keep smiles bright at every age. Click [here](#) for more dental health information.

LEGAL SUBSTANCES

Calling All Teens: Join the YOUTHWISE Advisory Group!

Interior Health is looking for youth ages 13–19 to join the YOUTHWISE Advisory Group. This team of young advisors helps improve health and wellness services for teens across our region.

Members meet **online every 6–8 weeks** and are **paid \$30/hour** for their participation. If you live in the Interior Health region, have internet access, and want to share your ideas to support youth health, this is a great opportunity to get involved.

To learn more or sign up:

✉ LegalSubstances@interiorhealth.ca

Help shape a healthier future for youth in Interior Health!



WE NEED YOU!

The Interior Health YOUTHWISE Advisory Group is looking for teens who are interested in sharing their feedback, advice and experiences to help improve youth-focused health and wellness services in the region!

ARE YOU...

- A TEEN?** Eligible participants must be between 13-19 years old.
- ABLE TO ACCESS INTERNET?** Meetings take place every 6-8 weeks via Zoom.
- LOOKING FOR SOME EXTRA CASH?** Members are compensated \$30/hour for their participation.
- LIVING IN THE INTERIOR?** Teens residing in any part of the Interior Health region of BC are welcome and encouraged to join.
- INTERESTED IN SHARING YOUR VOICE?** You can help support youth by providing your feedback on Interior Health's youth programs and strategies.

BECOME A YOUTHWISE ADVISOR AND HELP US CREATE A BETTER HEALTH SYSTEM FOR YOUTH

Interested? Contact with us!
LegalSubstances@interiorhealth.ca

MENTAL HEALTH

Podcast highlight: Supporting your Kids Through Trauma

When it comes to supporting children and youth through trauma there are things that parents can do to help. This podcast touches on what trauma is, how it can show up for kids, and its impact on mental health. This episode also outlines ways parents can support their child at home. Listen to the [podcast](#) or click here to [learn more about Trauma & PTSD](#)

Starting a Conversation About Bullying: Resources for Families

Bullying can significantly impact a young person's mental health and well-being. Families and educators can play an important role in intervening if bullying is suspected. [Check out tips](#) from Kelty Mental Health for parents and caregivers on how you can support your child if they are being bullied, or if they are bullying.

IMPORTANT KSA DATES

Please note: events/dates are *subject to change*- please check with the teacher/organiser to confirm.

APRIL 2026	3	Good Friday (no school)
	6	Easter Monday (no school)
	7	Day of Suwentwecw
	20	End of term 3
	21	Term 4 begins
	23	STAR Collaboration session for secondary students
	26	Boogie the Bridge
	27	Pro-D Day (no school)
MAY	1	Secondary Learning Updates published on MyEd
	15	Pro-D Day (no school)
	18	Victoria Day (no school)
	20	Class Photos
	28	STAR Collaboration session for secondary students
JUNE	12	KSA Graduation Commencement
	18	STAR Collaboration session for secondary students
	24	Secondary project completion
	25	Last day of elementary classes
	26	Administration day (no school)
JULY	1	Canada Day
	2	Secondary Learning Updates published on MyEd

SD73 Important dates can be found [HERE](#)