

McGowan Park Elementary MAGIC MONTHLY



MARCH 2026

PRINCIPALS REPORT

Dear families,

As we come to the end of Term 2, it is hard to believe how quickly the year is moving along. With Spring Break taking place from March 14–29, we hope families enjoy some well-deserved rest and time together.

It has been wonderful to see the sunshine returning and to feel the energy that spring brings to our school. The brighter mornings and warmer afternoons lift everyone's spirits and remind us that a new season is just around the corner.

Throughout this term, we have continued to see McGowan Magic shining in our classrooms, hallways, and gym. That magic is found in small daily moments — acts of kindness, perseverance through challenges, teamwork on the court, and students supporting one another. It is not tricks or illusions, but the powerful impact of a caring and connected school community.

As always, thank you for your continued partnership and support. We look forward to a strong finish to the term and an exciting spring ahead. Wishing all of our families a safe and restful Spring Break!

Mrs. Latta (Proud Principal)

LOST & FOUND

Despite our best efforts to keep the items in the Lost and Found organized in such a way to make it easier for students to claim their belongings, it is overflowing with jackets, snowpants, mittens, toques, and water bottles, etc. We are going to bring it to the main hallway on Monday March 9th, for parents to come take a look and claim anything that belongs to your family. If you would like to come earlier, it is in the middle hallway of the school. All items not claimed in the next two weeks are donated to second hand stores over spring break.



LIBRARY NEWS

Thank you, McGowan Park families, for supporting our Scholastic Book Fair from March 2nd to 6th! The Scholastic Book Fair is a fantastic way to continue to give our students access to the books they want to read. We are so happy that our students can interact with the fair at our school and choose their next favorite book! All purchases benefit our classrooms and school library.

Battle of the Books teams will be chosen before spring break. Teams will then be busy practicing for the Zones competition on April 18th and, if we make it through, Districts on April 25th.



PINK SHIRT DAY - 2026

This year's Pink shirt day was a big success on Wednesday, February 26th. The theme for this year's Anti Bullying day was "Be Kind". Our school was a buzz on this day with ideas and class initiatives related to being kind and caring of others. Many classes participated in our school wide assembly. The school was a sea of Pink with many students wearing a pink shirt to acknowledge this day. Special thanks to our wonderful PAC for hosting our Pink Friendship dance on this day and sponsoring this positive uplifting event.



REPORT CARDS

Term 2 Learning Updates will be available on the MyEd BC Parent Portal on March 11 for all SD73 students, and many students will also bring home their

Term 2 self-assessment. We encourage families to celebrate your child's successes and hard work, while also recognizing that challenges are a natural and important part of learning. In British Columbia, K-9 report cards use the 4-point Provincial Proficiency Scale, a sliding scale that shows where your child is currently in their learning and how they are growing over time. If you have any questions or would like to discuss your child's progress, please reach out to your child's teacher.



MINISTRY STUDENT LEARNING SURVEYS

Thank you to those parents that have completed the MINISTRY STUDENT LEARNING SURVEY. If you have not, can we please ask you complete this by April 3rd. All Parents and Staff are also able to give us their opinions about the functioning of our School.

Parents can complete the Internet Electronic Anonymous Surveys, providing immediate satisfaction level results to the school and the district. All Parents/Guardians K-7 are being given the opportunity to complete the survey; Please use the DIRECT ACCESS log in (right hand side).

To complete the survey:

1. Go to any computer that has an up-to-date internet browser access at home or work. Go to http://www.bced.gov.bc.ca/sat_survey/access.htm.
 2. Find our district and school name and language you prefer.
 3. Complete the survey by clicking on the 'radio buttons' for each question. Move to the next set of questions by clicking on NEXT in the bottom right corner of the screen.
 4. When you are finished the survey, you will get a message "Thank you for sharing your views."
 5. Once complete, our school will have the results immediately. Your views are completely anonymous, but very helpful in planning for our school.
- Thank you for participating.

BEFORE AND AFTER SCHOOL PICK-UP AND STUDENT SAFETY

******The school parking lot is limited to STAFF PARKING ONLY. ******

To help ensure the safety of our students, parents should not be parking in either of our staff lots at any time to drop off or pick up students. And please do not block the entrance of the staff parking lot. Please note there is also no parking in the round driveway in front of the school as that is for bus drop off/pick up. Parents are encouraged to park in the designated areas along Tremerton Drive or have students walk from our surrounding neighbourhood areas. Please do not park in our neighbourhood home driveways or block the entrance to peoples' driveways. If you require a parking accommodation, please contact the office. Thank you for your support and understanding to keep our students safe.



NORMAN FOOTE CONCERT-Friday February 27th

We were thrilled to welcome Norman Foote to our school community! Students thoroughly enjoyed working with Norman over the course of two days, writing their own original songs and learning many new and inspiring pieces. His energy and enthusiasm filled our classrooms with excitement.

A professional musician from North Vancouver, Norman has recorded many beloved children's songs and is well known for weaving comedy and puppetry into his performances. His engaging style had students laughing, singing, and fully involved from start to finish.

Winding up these wonderful days on Friday night, February 27th, many McGowan Grade 1-5 students had the special opportunity to join Norman on stage for an evening concert. It was wonderful to see so many families come out to support this fun-filled community event. We sold 174 tickets and, after expenses, raised \$1,055 toward the purchase of a new sound system cart for our gym. Thank you to everyone who helped make this joyful and successful event possible!





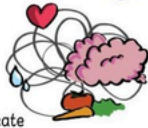





COUNSELLING CORNER

Lately we have had to deal with some very tragic events and unpredictable times. As adults our job is to ensure our children and teens are taken care of, that they feel safe and protected, that we are there for them to help them deal with their big problems and worries.

If we are calm and managing our anxiety our children and teens will manage their anxiety more effectively. Please ensure they are not exposed to news that may overwhelm and distress them, be available for age-appropriate discussions to help ease their worries. Take care of yourselves too.



8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

- 1. Anger**
The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.

- 2. Difficulty Sleeping**
In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.

- 3. Defiance**
Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.

- 4. Chandeliering**
Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.

- 5. Lack of Focus**
Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

- 6. Avoidance**
Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.

- 7. Negativity**
People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

- 8. Overplanning**
Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.


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ARTIST IN RESIDENCE- JESS DANCE

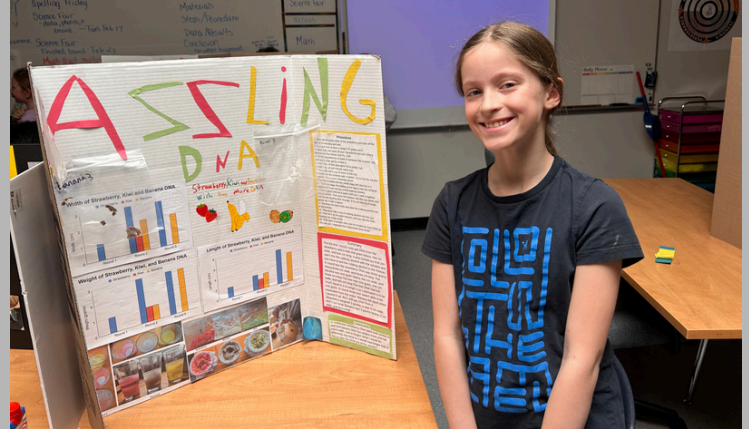
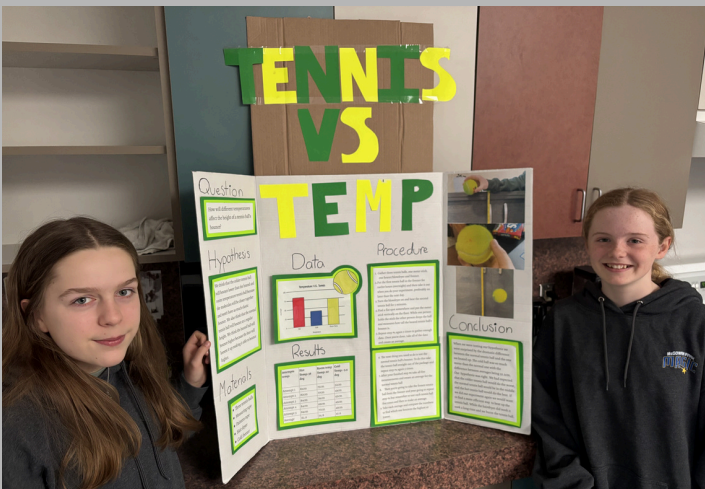
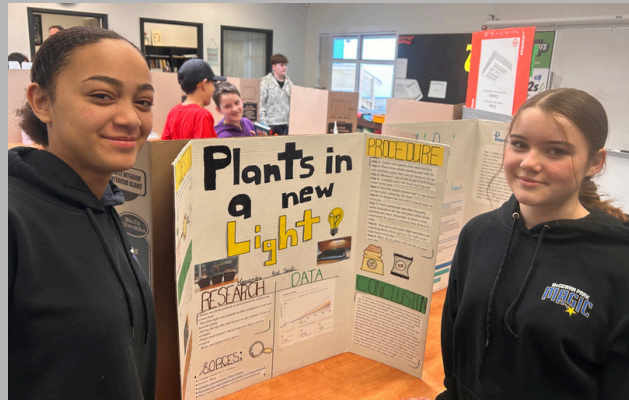
On Feb 17-19 all of our McGowan students participated in hip hop lessons as part of their PE classes. "Jess Dance," taught our students the fundamentals of the hip hop style and all students enjoyed working on their street dance routine.



Science Fair

Grade 5 and 7 students from Mr. Blower and Mrs. Straker's class spent this term learning about how to research and design experiments in order to compete for a chance to to the Caribou Mainline Regional Science Fair. There were many creative ideas, fun projects and hard work demonstrated by the students on February 23rd. Students were scored based on judging used at the science fair.

This year 3 projects have been selected to go to the fair. Grade 5- Mia K's project on extracting DNA from fruit, Grade 7 Maya S and Ellie B project which tested the effect on how high a tennis ball will bounce and also Grade 7 Kassandra B and Serah K project which tested if plants would grow more successfully with a growth light or natural light. These students' projects will move to advanced judging on April 13 and attend the fair on April 14. Well done all students!!



Congratulations Young Artists

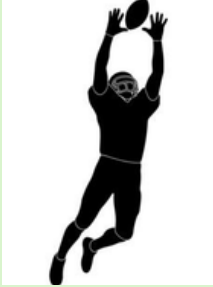
Congratulations to all students who submitted a piece of art for our school district Young Artists Conference. The following students' artwork has been selected and they will be attending this year's conference on Wednesday May 6th at TRU. Congratulations to Dahlia K, Allie D, Maya S and Jackson B.



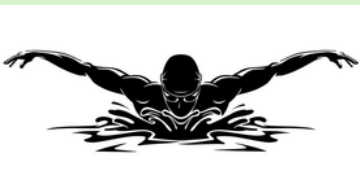
SPORTS UPDATE- 2026



Basketball playoffs begin the first week of March. Congratulations to all our McGowan basketball players on a successful season. Thank you to our parent coaches and staff members who have been supporting our players. We appreciate all of the volunteer time that everyone is spending to support our McGowan athletes.



Flag football begins April 15th for our grade 6-7 students.. Led by Mr. Blower and Mrs. Straker, information will come out after spring break.



Swim Club will have join the SD73 annual swim meet on April 15th at TCC. Grade 4-7 students swimmers are getting their swim caps, swim suits and towels ready for their district event next month. Please talk to Mr. Tomalty or Ms. Dagg-Hall for more information.

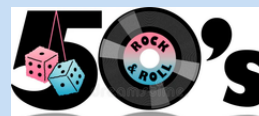
McGowan Annual Spring Production-Apr 15/16th



Get ready for laughter, music, and a little bit of mischief! This year's Spring Production is a lively musical comedy the whole family will enjoy.

Gracie Stanley finds herself in hot water after promising to deliver her distant cousin – rock star Ziggy Springer – to perform at the high school Hippity Hop at Louise's Luncheonette. There's just one problem: Ziggy's manager refuses to let him perform without pay! With time running out, Gracie and her friends hatch a hilarious plan to create a "double" using a singing soda jerk... and perform in the dark! But with her rival, the snooty Muffin Mansfield, just waiting for her to fail, will Gracie pull it off?

Join us for two fun-filled evenings on April 15 and 16 in the McGowan Park Elementary Gym. Cast 1 presents on April 15 at 1pm & 6:30pm and Cast 2 will perform on April 16 at 9am & 6:30pm. Our intermediate classes are taking the lead in this production, with some of our primary students joining in for the musical portions of the show. Please note that not all classes are participating this year. Families are encouraged to check with their child's teacher to confirm involvement. If you have any questions or concerns, please contact Ms. Baerg.



UPCOMING EVENTS

March

6 Jump Day- Jump Rope for Heart event

11- Art Group- The Trollsons-9:15am
ELL student field Trip
Term 2 Report Cards Published- 3pm

12- Sahali Secondary- Grade 7 Meeting & Open House 5:15pm
Basketball season ends
Straker's Class hosts a Bake Sale

14 Spring Break Begins

30 First Day back from Spring Break

April

2- Fire Drill

3- Good Friday- No School

6- Easter Monday - No School

7 - Day of Suwewtwecw

14 Caribou Regional Mainland Science Fair

15 Spring Production (Apr 15/16)
Swim Meet Gr 4-7 TCC
Flag football

22- Fire Drill
Earth Day

23- McGowan Parloff

27- Prod Day

29- Young Artists Reception (Conference May 6)
Grade 6 Immunization

30- PAC Carnival

31- Young Authors Conference
Class Photos

