



Connaught Heights Elementary



Weekly Newsletter – April 10, 2026

Important Dates

Apr. 13-16	School-wide Hip Hop Dance Workshop
Apr. 17	Hip Hop Dance Performance 2:00pm in the school gym – Families welcome
Apr. 22	Earth Day PAC Bake Sale 3:00-4:00pm
Apr. 27	Pro-D Day (School closed for students)
Apr. 28	White Spot Fun Lunch

Hip Hop Dance Performance

On **Friday, April 17th at 2:00pm** there will be a Hip Hop Dance Performance to end our week of dance workshops. **Families are welcome!** If you plan on taking your child home immediately after the performance, please communicate that with their teacher.

JESS DANCE PRESENTS:
HIP HOP WITH SERENA TEN AT CONNAUGHT HEIGHTS ELEMENTARY

April 13-17, 2026

Performance on April 17, 2026



HIP HOP STREET DANCE

Principal's Message:

Dear Connaught families,

Thank you to those parents and family members who were able to join us for the Confi-Dance celebration with DJ Rock 'n' Beau this past Thursday in the gym. Such a fantastic experience to celebrate the work that was done both at school and at home to nurture the emotional health and well-being through the support and guidance of the Keltly Foundation for Mental Health.

There are many benefits that this work provides and nurtures for our community, including how it:

- Builds emotional awareness and vocabulary
- Supports self-regulation and coping skills
- Reduces stigma early
- Helps identify and support needs early
- Improves learning and classroom behaviour
- Strengthens relationships and empathy
- Builds resilience for the future

In short, this important work and developing understanding at the elementary level is a key part of helping children feel safe, capable and ready to learn.

With gratitude, Mr. Elves



PAC News

Bake Sale - Wednesday, April 22nd

More details to come next week! We're looking for a person to help coordinate activities the day of the bake sale including setup. Please email chpacchair@gmail.com if you are interested.

Raffle

We are still looking for items for the Raffle. The deadline to accept donations is **Monday, April 13th**.

Fun Lunch

School Cash Online is now open until April 12th for the White Spot Fun Lunch on April 28th.

White Caps Game

Thank you to everyone who purchased tickets through School Cash Online! You should have received your tickets via email. We're looking forward to getting together and enjoying the game tomorrow!

April Recycling Challenge

Please include family and friends! It is a great way to help the environment and at the same time raise some funds for the PAC. At the moment the bin is empty and the goal is to fill it right up by the end of the month. Let's work together and make this challenge a success!

Stay Connected


Follow us on Instagram:

@connaughtheightspac

Join the [PAC WhatsApp Group](#) for general updates and reminders.

Join the [PAC Volunteer WhatsApp Community](#) to get involved with events and fundraising.

Email us at chpacchair@gmail.com or chpacvchair@gmail.com



BAKE THE PLANET BETTER BAKE SALE

WEDNESDAY, APRIL 22ND
3:00 – 4:00 PM
SCHOOL GYM

ALL PROCEEDS SUPPORT OUR SCHOOL PAC AND HELP FUND SCHOOL ACTIVITIES.

CONTRIBUTIONS WELCOME
HOMEMADE OR STORE-BOUGHT

• PEANUT-FREE ONLY

EARTH-FRIENDLY REQUESTS

• PLEASE BRING YOUR OWN CONTAINER(S) FOR PURCHASES
• IF YOU HAVE TONGS, PLEASE INCLUDE THEM WITH YOUR DONATION (WE WILL NOT BE USING PLASTIC WRAP)

DROP-OFF
AT THE OFFICE THE DAY BEFORE, OR WEDNESDAY MORNING

THANK YOU FOR SUPPORTING OUR SCHOOL COMMUNITY

The flyer features a decorative border with green leaves and a pink cupcake with a cherry on top. At the bottom, there is an illustration of a person with a floral headband holding a stack of colorful macarons, with a stack of cookies and a small cake nearby.



Month of April Recycling Challenge

Let's work together to protect our planet and support our school! Throughout the month of April, we are inviting all students, families, and staff to take part in our Earth Day Recycling Challenge. Help us reduce waste by collecting and returning as many cans, bottles, and milk containers as possible!

How to Participate:

Gather your refundable containers at home
Bring them to school
Drop them in the Return-It bin located in the school courtyard

Why It Matters:

Helps keep recyclable materials out of landfills
Teaches students the importance of environmental responsibility
Raises funds for our School PAC to support enriching programs and activities

Our Goal:

Last year, we raised \$900—amazing work!
Let's come together and beat that total this year!
Every container counts—big or small.
Together, we can make a difference for our planet AND our school!
Let's make April a month of impact!

The flyer has a light green background with a recycling symbol icon and decorative clouds.

School District News



Social Media Awareness, Digital Citizenship, and Cyberbullying – virtual session for Parents/Caregivers of school-aged children. April 14, 2026 – 6:30-8:30pm
[Click here](#) for more information and to register.

Kelty Foundation / Wellness Institute

Parenting a child with ADHD can feel overwhelming and, at times, exhausting. The Kelty Foundation has partnered with The Wellness Institute to offer a **free, practical workshop** designed to help parents better understand ADHD and learn strategies to respond to behaviour more effectively.

Event Details

The ADHD Toolbox: Strategies for Positive Behaviour and Executive Function

Date: Tuesday, April 21, 2026

Time: 5:00–6:30 PM PDT

Location: Virtual (a recording will be sent to all registrants)

Register here: [The ADHD Toolbox](#)

Intentions for 2026-2027

Are you moving, and/or will your child NOT be attending Connaught Heights next year? If yes, and you have not already done so, please let the office know as soon as possible. - connaughtheights@sd40.bc.ca

It is important for us to have a clear understanding of which children will be returning to Connaught Heights Elementary in September, and which children are moving on to different schools.

District PAC News

Parent Education Seminar by [Mischa Oak](#) – Thurs, April 16th at 7:00pm

[DPAC](#) has invited Mischa Oak to give a seminar called *The 7 Ally Pro Tips: Understanding SOGI and supporting 2S/LGBTQ+ youth and community members with confidence* at our next monthly meeting.

Takeaways for seminar attendees:

- Improve your understanding, compassion and awareness of 2S/LGBTQ+ identities
- Understand what SOGI looks like in schools
- Learn what to say and do to be a more confident ally

This seminar is open to all parents and caregivers in the district to attend!

Join in person in the library at Ecole Herbert Spencer or [online through Google Meet](#).

kind mind

PROGRAM

THANK YOU FOR PARTICIPATING!



Dear Kind Mind Participant,

Thank you for taking part in the **Kind Mind Program**! We hope you had a wonderful month of kindness and that the challenges inspired meaningful conversations in your homes and classrooms.

The **Kind Mind Program**, an initiative of **The Kelty Foundation**, is designed to provide students, educators, and families with tools and resources to build resilience, support mental well-being, and create meaningful connections. This program is made possible through the generosity of our donors—and with your continued support, we can reach even more schools in British Columbia and across the country.

To help us keep the momentum going, here are three simple ways you can make a difference:

1. **Share Your Feedback:** Your insights help us grow and improve the program each year. Please take a few minutes to complete our short feedback form here: www.thekeltyfoundation.org/kind-mind-feedback
2. **Record or Write a Testimonial:** We'd love to hear what Kind Mind meant to you and your students! Whether in video or written form, your stories help inspire others and attract new donors to support our mission to reach as many schools and families as possible.
3. **Support Kind Mind in Your Community:** The Kind Mind Program is 100% donor-funded, and every contribution helps us continue reaching more schools. If your school enjoyed the program, please consider sharing our website or hosting a small fundraiser to help keep Kind Mind growing.

To learn more about The Kelty Foundation and the work we do, visit www.thekeltyfoundation.org. For any questions and to submit a testimonial, please email our team at contact@thekeltyfoundation.org

Thank you for being part of this journey — together, we're spreading kindness and supporting mental well-being, one school, one student, and one family at a time.

With kindness,
The Kelty Foundation

 **The Kelty
Foundation**