



École Élémentaire Casorso Elementary School

# WEEKLY HOWL



250-870-5135

School Website

<https://cas.sd23.bc.ca/>

## April 17, 2026

### Monday 20<sup>th</sup>

- Make a friend Smile today !!

### Tuesday 21<sup>st</sup>

- 7:30 am – 8:15 am – Running Club for Intermediates

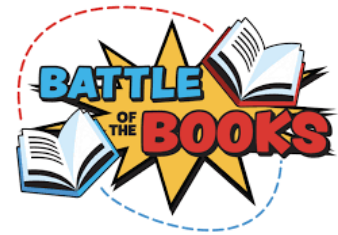


### Wednesday 22<sup>nd</sup>

- 11:35 am - GR 3 Swim Program ( H20 )
- 1:45 pm – Roots of Empathy visits Casorso

### Thursday 23<sup>rd</sup>

- 7:30 am – 8:15 am – Running Club for Intermediates
- 8:30 am – 12:30 am – District Battle of the Books at Casorso



### Friday 24<sup>th</sup>

- Coyote “ Swag” Friday
- Casorso Spirit Day “ Squad Day “
- 10:30 – 11:30 am - KLO Articulation Team Visits Grade 6 Students in Library

### **Safe Drop Off & Pick up Times**

**Supervision Begins 8:10 am**  
**Supervision Ends 2:45 pm**

### **Office Hours**

**8:00 am to 3:00 pm**

### Bell Schedule

**Please plan Drop off/Pick up accordingly**

8:25 am - Warning Bell  
8:30 am - SCHOOL BEGINS  
10:54 am - Lunch Recess  
11:18 am - End of playtime  
11:23 am - Lunch (eating time)  
11:54 am - Lunch over  
1:27 am - 1:42 - Little Recess  
2:30 pm - End of Day



**PACK EXTRA Food !**

**Dear Casorso Parents,**

Please take a moment to complete the Parent input for our [Student Learning survey](#). Our district takes the feedback seriously and we appreciate your input. *The e-survey site will be open until May 1, 2026. If you have any questions, please contact the school at 250-870-5135 or email [cas@sd23.bc.ca](mailto:cas@sd23.bc.ca).*

**District: Central Okanagan 23**

**School: Casorso Elementary**

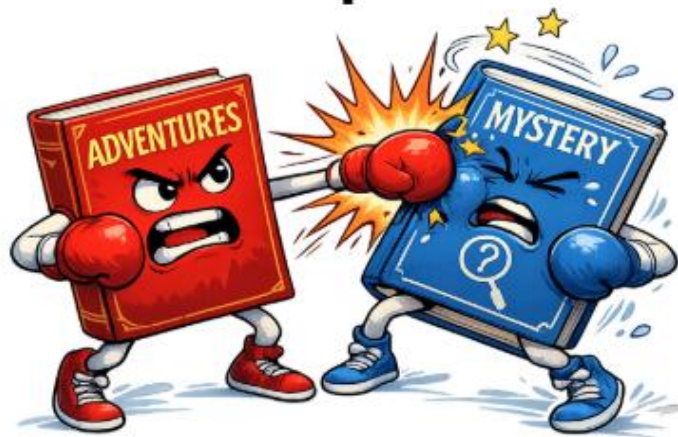
**Language: your choice**

**Student Learning Survey 2025/2026** The Provincial Student Learning Survey is unique in its scope, size and usefulness to schools. It gathers information from parents/guardians/caregivers, teachers, and students on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective.

Early in **2026** the Student Learning Survey will be administered to students in grade 4, their parents/guardians/caregivers, and all school staff. We encourage parents/guardians/caregivers to participate in this survey, as the results are important in identifying and celebrating current strengths, as well as determining where the school needs to focus improvement. The surveys contain standard questions for the Province – in addition, questions from the school and/or district that focus on local conditions or issues may be included.

The survey can be completed electronically and can be accessed on the Internet at <https://www2.gov.bc.ca/gov/content/education-training/k-12/support/student-learning-survey>. Any computer or mobile device with an Internet connection can be used, and access to the e-survey is simple and secure. The survey can be accessed through the link and by clicking on Take the Survey. On the login page, click on the Parents icon, and then select the school district and school name where your child attends school. Provincial, District and School Reports for previous years can be viewed at the same site under the Results section.

## **Casorso will be hosting the Zone A District Battle of the Books Thurs April 23rd**



**9:45 – 9:50 Welcome & Introductions**  
**9:50 – 10:35 Grade 3 / 4 Battle & Awards**  
**10:40 – 11:25 Grade 5 Battle & Awards**  
**11:30 – 12:15 Grade 6 Battle & Awards**  
**12:15 – 12:20 Closing Remarks**

**Family Members are welcome to come  
and watch the battles in the gym.**



# PARENT VOLUNTEERS NEEDED

Intermediate Track and Field day at the Apple Bowl on Thursday, April 30th. Please use this link to sign up.

[CLICK HERE](#)



BECOME A VOLUNTEER  
**KELOWNA!**  
JULY 22-26, 2026



NEEDED AT Casorso Elementary

THIS SUMMER The BC Summer Games are coming to Kelowna this July 22 - 26.

**Casorso Elementary** is an accommodation site for young athletes and we need reliable volunteers to help us create a memorable experience.

If you are interested in helping out please [CLICK HERE FOR VOLUNTEER](#)

### Volunteers Make the Games Possible

The BC Games is a very large event, one of the largest of its kind in North America. As many as 3,000 volunteers come together for each Games to ensure participants have an unforgettable experience.

Each volunteer plays a vital role in putting on a celebration of pride and ensuring that participants have an unforgettable experience. From meal preparation, to transportation, to hospitality, and sport competitions, the enthusiasm and expertise of volunteers is what makes it all happen.





Website: <https://casorsofamilies.weebly.com/> Email: [cas.pacpresident@sd23.bc.ca](mailto:cas.pacpresident@sd23.bc.ca)



We've kicked off our school PAC fundraiser  
Every donation, big or small, makes a real difference for our kids. Donate  
here: <https://bit.ly/Casorso>

The Casorso PAC is hosting the next general meeting on Monday, May 11th, from 6:30 to 8:00 pm, in the Casorso Library. All parents/guardians are welcome and encouraged to attend. Childcare and snacks will be provided.

The PAC is made up of all parents and guardians of Casorso students. Get involved by joining our meetings, volunteering, or simply donating. Together, we can help Casorso Elementary thrive. Let's make our school the best it can be! Watch this 1-minute video to learn how you can support our children's education at Casorso by supporting the PAC: <https://vimeo.com/1072237238/386ea62f43>

**Columbia Bottle Depot.** Bring your returnable items in a transparent plastic bag. Print a label using the phone number 250-870-5135 to raise money for our school.

#### **Nature's Fare**

Nature's Fare (Cooper Road) gives Casorso 3% back when you make a purchase.  
Collect your receipts, and drop them off at the school office.

## **COPAC NEWS**

Opportunity to provide input to the **SD23 Strategic Plan** (after 5 successful in-person engagement opportunities for community members, the district is providing an online opportunity for those who were unable to attend the in-person sessions). <https://my.thoughtexchange.com/scroll/821040678/welcome>

We encourage everyone to explore the BC Government **erase = expect respect & a safe education** website. There are areas for students and parents and so many valuable resources and videos. This is also where you can find the "report it" tool available to students to seek help or submit reports if they see or hear something that concerns them at school: <https://www2.gov.bc.ca/gov/content/erase>

## City of Kelowna Summer Camp Registration

Looking for fun and engaging activities for your child this summer? The City of Kelowna's summer camps are open on April 23rd for registration! Camps run throughout July and August for children ages 3–15 and include full-day, half-day, and partial-day options. This year's lineup features a wide variety of themes such as sports, cooking, art, drama, and more—plus new cooking and leadership camps. Learn more and explore the full [2026 Summer Camps Guide](#) at [kelowna.ca/recreation](http://kelowna.ca/recreation).



**Brave Hearts Club**  
Children's Grief and Loss Support Group

Where Healing Meets connection

COHA  
CENTRAL OKANAGAN HOSPICE ASSOCIATION

Wednesdays from 4pm-5:30pm  
April 29 - June 17

Central Okanagan Hospice Association is pleased to offer an eight week grief and loss support group for children ages 6-12 who have experienced the loss of a family member or friend through death.

- A safe space to explore grief
- Art, games, gentle discussion
- Snacks and refreshments
- No cost to attend

Registration is Required  
Starts April 29, 4pm-5:30pm  
OOHA August Center, #200-1890 Cooper Road

and@hospicecoha.org  
250.763.5511



**UBCO HEAT**  
— SPORT CAMPS —

UBC Okanagan Summer Sport Camps  
Registration now open!

Visit [GoHeat.ca/Camps](http://GoHeat.ca/Camps)



**bgc Okanagan**  
**RECREATION PROGRAMS**

REGISTRATION NOW OPEN

Fun, friendship, and new experiences start here.

Our recreation programs give children and youth a safe, welcoming place to spend time after school, on weekends, and in the evenings.

Participants can build friendships, connect with positive role models, learn new skills, and explore a wide variety of activities from arts and crafts, out-trips, culinary skills, STEM activities, to sports games and more!

Enderbly  
Falkland  
Kelowna  
Lake Country  
Lavington  
Peachland  
Vernon  
West Kelowna

AGES 7-13

REGISTER TODAY [www.bgco.ca](http://www.bgco.ca) @BCCOKANAGAN



**UBC Geering Up**  
Kelowna, Okanagan

Summer Camp Registration Now Open!

Take your STEM learning beyond the classroom!

Join our action-packed, hands-on summer day camps to explore the wonderful worlds of Science, Technology, Engineering, and Math! Build, explore, and design through our camps' interactive sessions.

All of our summer camps are taught by passionate, subject area expert university students and meticulously designed to tap into core foundational knowledge and speak to young curious minds.

Dive into Coding, innovate in unique environments like our All Girls' camps, and more! Each week is a dynamic mix of hands-on activities, demonstrations, tours, mentors, and design challenges.

Limited bursaries available. Please scan the QR code to learn more.

A Glimpse of Geering Up Camps

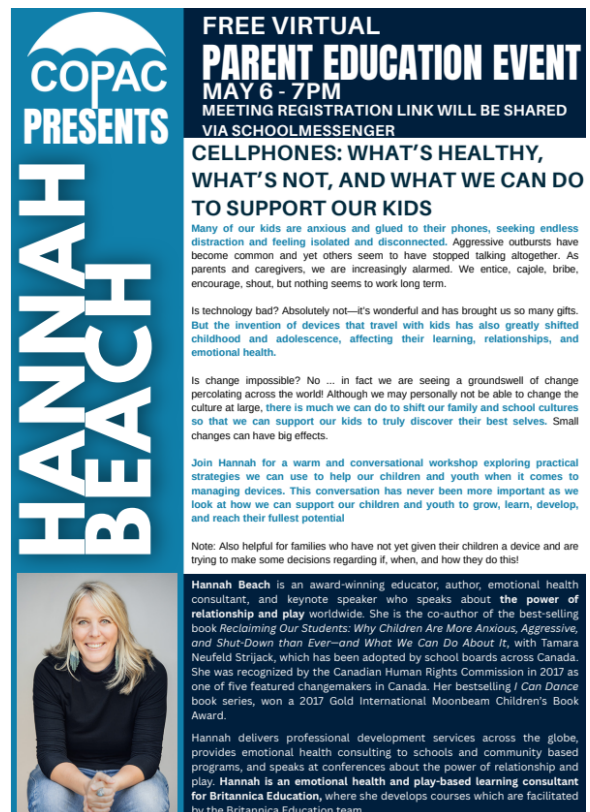
- Weekly programming from June 29th to September 3rd, 2026
- 9AM - 3PM (Before/After Care options available)
- UBC Okanagan, Kelowna Campus
- Grade Levels: 1-12 (Program themes vary)

Register Today!

For more info, visit: [bit.ly/kelownacamps](http://bit.ly/kelownacamps)

THE UNIVERSITY OF BRITISH COLUMBIA  
School of Engineering  
Okanagan Campus

A network member of **actua**



**COPAC PRESENTS**  
**HANNAH BEACH**

FREE VIRTUAL PARENT EDUCATION EVENT  
MAY 6 - 7PM  
MEETING REGISTRATION LINK WILL BE SHARED VIA SCHOOL MESSENGER

CELLPHONES: WHAT'S HEALTHY, WHAT'S NOT, AND WHAT WE CAN DO TO SUPPORT OUR KIDS

Many of our kids are anxious and glued to their phones, seeking endless distraction and feeling isolated and disconnected. Aggressive outbursts have become common and yet others seem to have stopped talking altogether. As parents and caregivers, we are increasingly alarmed. We entice, cajole, bribe, encourage, shout, but nothing seems to work long term.

Is technology bad? Absolutely not—it's wonderful and has brought us so many gifts. But the invention of devices that travel with kids has also greatly shifted childhood and adolescence, affecting their learning, relationships, and emotional health.

Is change impossible? No ... in fact we are seeing a groundswell of change percolating across the world! Although we may personally not be able to change the culture at large, there is much we can do to shift our family and school cultures so that we can support our kids to truly discover their best selves. Small changes can have big effects.

Join Hannah for a warm and conversational workshop exploring practical strategies we can use to help our children and youth when it comes to managing devices. This conversation has never been more important as we look at how we can support our children and youth to grow, learn, develop, and reach their fullest potential

Note: Also helpful for families who have not yet given their children a device and are trying to make some decisions regarding if, when, and how they do this!

Hannah Beach is an award-winning educator, author, emotional health consultant, and keynote speaker who speaks about the power of relationship and play worldwide. She is the co-author of the best-selling book *Reclaiming Our Students: Why Children Are More Anxious, Aggressive, and Shut-Down than Ever—and What We Can Do About It*, with Tamara Neufeld Strijack, which has been adopted by school boards across Canada. She was recognized by the Canadian Human Rights Commission in 2017 as one of five featured changemakers in Canada. Her bestselling *I Can Dance* book series, won a 2017 Gold International Moonbeam Children's Book Award.

Hannah delivers professional development services across the globe, provides emotional health consulting to schools and community based programs, and speaks at conferences about the power of relationship and play. Hannah is an emotional health and play-based learning consultant for Britannica Education, where she develops courses which are facilitated by the Britannica Education team.

# HEALTH PROMOTING SCHOOLS NEWSLETTER

APRIL 2026

## DENTAL HEALTH

### Tooth be Told: April is Oral Health Month!



April is the perfect time to 'Spring' into oral health action and set new goals for our smiles. "Oral Health for Total Health" is the theme of the month, reminding us by taking good care of our mouth, teeth, and gums supports our overall physical and mental well-being. You can encourage student participation by getting your school involved and by incorporating fun celebration opportunities found below into your curriculum.

### Toothbrushing Contest for K to Grade 3 Students

The British Columbia Dental Association (BCDA) promotes school participation and child engagement with a [Brush2Win](#) toothbrushing contest which runs April 1-30, 2026. This month-long contest promotes good dental health habits and challenges children to brush (and floss) twice daily. Schools that register during the contest period will be entered into a draw for one of five \$1,000 prizes. Download a toothbrushing calendar here: [Oral Health Month - BCDA Public Site](#)

### National Colouring Contest: Up to Age 13 years

The Canadian Dental Hygienists Association is offering a [National Colouring Contest](#) promoting "Tooth Tips"

- Choose healthy snacks
- Brush 2 minutes, 2 times a day
- Clean between your teeth every day
- Use fluoride toothpaste
- Change your brush every 3 months

Colouring contest submissions are due by May 1<sup>st</sup>, 2026, with opportunities to win prizes in three age categories.

### Additional Oral Health Promotion Ideas for Classroom Learning

- Interior Health Healthy School Toolkit Series: [Dental and Oral Health](#) offers many fun ideas on how to incorporate oral health promotion into your curriculum
- Dental Health Education Kit: Includes engaging interactive oral health lesson plans and visual aids to support educators. Designed for children ages 3-6 years. To borrow this kit, please contact your local [Interior Health Dental Program](#).

Happy Oral Health Month – Brush, Floss and Smile!

## 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](mailto:LegalSubstances@interiorhealth.ca)  
Help shape a healthier future for youth in Interior Health!



## HARM REDUCTION

### Limited Number of Free Naloxone Kits Available for Schools



The Interior Health's Youth Harm Reduction Program has a limited number of injectable\* naloxone kits available at no cost for schools in the region. The kits are part of the Interior Health [School Naloxone Blue Kit Program](#). Schools wishing to participate in this free program are offered support to develop an overdose response policy/procedure and receive information on training options. The kits **expire in June 2027**. Schools can contact the Youth Harm Reduction Team at [yhrc@interiorhealth.ca](mailto:yhrc@interiorhealth.ca) to sign up.

\* Schools who wish to acquire nasal naloxone must purchase it through a community pharmacy.

### Why get a Naloxone Blue kit for your school?

#### 1. Ministerial Order.

On July 1 2025, the Minister of Education issued the [Support Services for Schools Ministerial Order](#) \*\*, which includes a mandate for School Boards to establish, maintain, and make publicly available a policy for responding to unexpected health emergencies, including making naloxone available and readily accessible for use in the workplace.

The Order requires that naloxone be available in schools by the following deadlines:

- All public secondary schools: **December 31, 2025**
- All public middle and elementary schools: **September 8, 2026**

\*\* While the Order and the timelines noted above do not apply to First Nations, Private and Independent schools, they are eligible for these free kits.

#### 2. Youth are dying from overdose.

Last year, our region saw an increase in fatal and non-fatal toxic drug events (overdoses) among young people under the age of 19 - a trend not observed in other age groups. It is important for school staff to recognize and quickly respond to emergencies involving opioid overdoses, should they happen on site.

#### 3. The Injectable Blue Kits are Free.

Outside of this opportunity, schools are required to purchase naloxone. The Take Home Naloxone kits available at Interior Health Public Health, Mental Health and Substance Use or community agencies are only for free for those needing naloxone for personal use.

## FOOD LITERACY

### Teaching Resources



[Spring Learning Activities \(Farm to School\)](#) - Looking for outdoor activities for your K-12 class this spring? With or without a garden space, there are plenty of BC curriculum-connected ideas to explore with your students.

[Spring/Summer Activity Pack \(BC Agriculture in the Classroom\)](#) - Engage your class with food and farming! Our new Spring/Summer pack is full of interactive activities for grades 2-7, including gardening, games, crafts, recipes, and puzzles.

### Grant Opportunity

The [Indigenous Foodways in Schools Grant](#) from Farm to Cafeteria Canada helps schools bring Indigenous food knowledge into learning through gardening, land-based activities, and traditional food experiences, supporting cultural connection and student learning. **Grant applications close on May 8<sup>th</sup>, 2026.**

Learn more about the Grant by joining a virtual conversation:

April 7<sup>th</sup>, register [HERE](#)  
April 8<sup>th</sup>, register [HERE](#)

The Interior Health Public Health Dietitian team is available to support school district's food and nutrition literacy efforts and to create and support healthy school food environments. For questions email [schoolnutrition@interiorhealth.ca](mailto:schoolnutrition@interiorhealth.ca)

## HEALTHY SCHOOLS DATA

### Now available: 2025-2026 CHEQ Reports

Childhood Experiences Questionnaire (CHEQ) Reports for the 2025-2026 school year are now available to access via from UBC's Human Early Learning Project's Reports page. Available documents include the CHEQ BC Summary Report 2025, as well as individual School District and Neighbourhood Reports. Click [here](#) to access the reports.



### Recently released: Reports on social media use, sleep, transit safety & FASD

McCreary Centre Society has released the following report and fact sheets sharing findings from around 38,500 Grade 7-12 BC students who completed the 2023 BC Adolescent Health Survey:

- REPORT: [Beyond the likes: Social media use among BC youth](#)
- FACT SHEET: [BC youth's sense of safety on public transit](#)
- FACT SHEET: [Sleep among BC youth](#)
- FACT SHEET: [Experiences of BC youth with FASD](#)

## PHYSICAL LITERACY



### Webinar Recording: Outdoor Play and Learning

Did you miss HELPS latest webinar Embracing Risky Play: At School and Beyond, with Megan Zeni and Mariana Brussaoni? The recording, resources, and link to order their brand new book are all available on their [website](#) now. Want even more information/training on this topic? Check out the [Embracing Risky Play Course](#) being offered this spring.

## RESOURCES

### Interior Health Website

The [School Health](#) section of the Interior Health Public Website will take you to the following sections where you can find more information: [School Staff Promoting Health of Children & Youth in School](#) and [Medical Conditions at School](#).

### Healthy Schools BC Website - UPDATE!

Starting March 30, 2026, the [Healthy Schools BC website is now hosted and maintained by HealthLink BC under the Ministry of Health](#). It will now be easier to access provincial school health promotion information and resources under one location alongside other evidence-based health information currently located on HealthLink BC. **The new Healthy Schools URL is: <http://www.healthlinkbc.ca/healthyschoolsbc>**

### School Districts Healthy Schools Information

The following School Districts have a Healthy Schools tab on their websites. Take a look at all the great information available from: [SD 5](#) [SD 8](#) [SD 18](#) [SD 23](#) [SD 53](#) [SD 73](#) [SD 83](#)

### Harm Reduction Resources

For resources visit the [Interior Health Website](#). To connect with a Harm Reduction Coordinator email: [YHRC@interiorhealth.ca](mailto:YHRC@interiorhealth.ca)

### Legal Substances Program

For resources on tobacco, vaping or cannabis use, visit the Interior Health [Tobacco & Vaping Information for Schools](#) webpage or the [Cannabis Information for Youth](#) webpage. To connect with a Legal Substances Reduction Coordinator, email: [LegalSubstances@interiorhealth.ca](mailto:LegalSubstances@interiorhealth.ca)

For previous newsletters: [Health Promoting Schools Newsletters](#)