



Director of Instruction: Mr. Richard Zerbe
Principal: Ms. Harjinder Sandhu
Vice Principal: Mr. Aaron Singh
PAC Chairpersons: Melissa Hayward-Cheung
School Liaison Trustee: Ms. Janet Fraser



May is Asian Heritage Month

In May 2002, the Government of Canada signed an official declaration to designate May as Asian Heritage Month. Asian Heritage Month provides an opportunity for Canadians across the country to reflect on and

Asian Heritage Month was established in Canada in 2002, officially, as a month to celebrate the contributions of Canadians from over 30 countries that make up Asian descent.

Who is of Asian Descent? 6 Regions of Asia

Asian is a broad term and applies to people who come from or are descended from people in 6 regions of Asia.

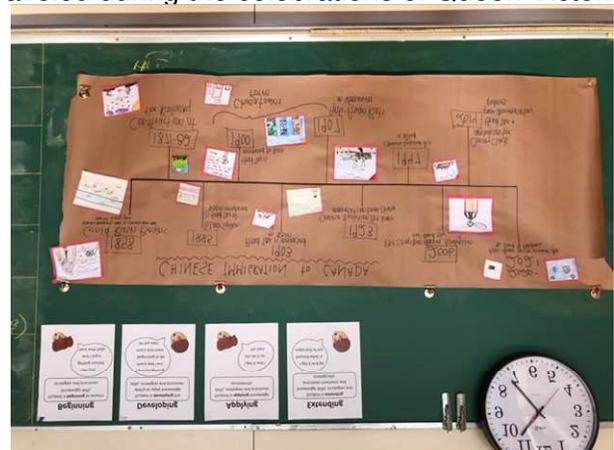


celebrate the contributions of Asian Canadians to the growth and prosperity of Canada. The story of settlers coming from Asia to help in the development of Canada began in the 1880s. These visible minority settlers faced much discrimination and often their stories are forgotten in the retelling of our settler Canadian history. These people from all over Asia, with their diverse, rich, cultural heritage and languages, contributed, in the early days, to the development of our fisheries, farming and lumber industries, as well as helping build the Canadian Pacific Railway. The early Asian settlers to Canada were predominantly men. And over the years, Canadians of Asian descent have contributed to all aspects of Canadian society, from politics, science, medicine, industry, commerce, sports, philanthropy, arts and culture. Over the last two centuries immigrants have come from all over Asia and enriched the fabric of Canada, despite many racist Acts designed to keep them out.

Starting in 1885 the Chinese Head Tax was introduced as the white settlers feared that the Chinese immigrant workers would take away their jobs and establish their own communities in Canada. Many of these early white settlers, especially in BC, wanted to keep Canada white. The Chinese Head Tax required the Chinese immigrants to have to pay \$10 to enter the country. As time passed the amount of money charged would increase to try to deter Chinese people from coming, in 1896 it was \$50 and in 1901 a \$100 and by 1903 it had risen to \$500. (Today that would be roughly \$14000).

Soldiers of Indian descent, serving the British Empire, made visits to Canada and as British subjects some began to settle on these lands. It is believed these soldiers traveled during the celebrations of Queen Victoria's Royal Jubilee and then again at the coronation of Edward VII. It is believed that by 1908 there were 5000 South Asian settled in BC, comprising of mostly Sikhs. Their presence was not welcomed and in 1907 BC Premier Bowser passed a bill to prevent all non-Anglo-Saxon natives of India from voting provincially. Since eligibility to vote federally, was dependent on provincial voting, these immigrants were denied voting rights.

In August of 1907, the Vancouver group Asiatic Exclusion League formed and on September 7, 1907 hundreds of people broke out into riots through Vancouver's Asian



district to show their opposition to Asian immigration to Canada. As a result of their actions many Japanese and Chinese businesses and homes suffered extensive damage.

To further limit and restrict Asian immigration, the government passed the Continuous Journey order-in-council on January 8, 1908 prohibiting immigrants that did not travel directly from their native country to Canada.

To learn about these and many more stories of the settler experience then and now, please check out the following links:

<https://www.canada.ca/en/canadian-heritage/campaigns/asian-heritage-month.html>

<https://www.southasiancanadianheritage.ca/about-us/>

<http://allourfathersrelations.com/>

<https://itgov.bc.ca/blog/equality-and-inclusion/celebrating-asian-heritage-month/>

<https://learning.royalbcmuseum.bc.ca/pathways/punjabi-experience-british-columbia/>

<https://museumofvancouver.ca/a-seat-at-the-table>

<https://heritagebc.ca/>

<https://explorasian.org/>

The more we learn about our collective history and the story of our homeland, we gain a better understanding of each other and ourselves. Our understanding of each other builds a better understanding and foundation to develop health and supportive relationships that will only benefit our community.

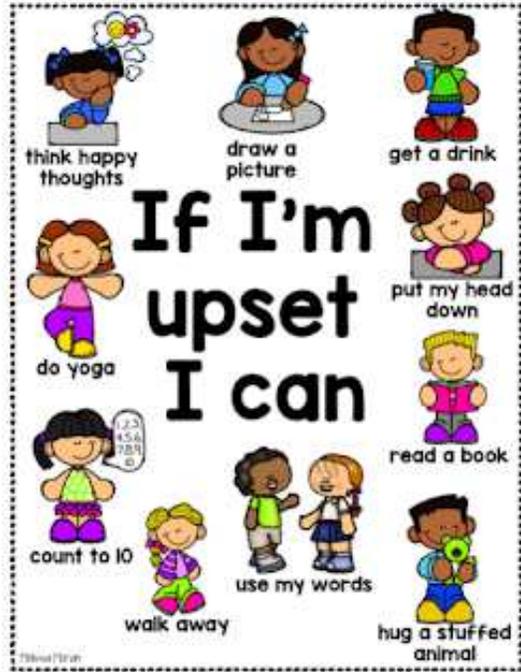
Please also check out:



<https://app.edu.buncee.com/buncee/18e342f7a81245a4841efc0f01c8ac4d>

Mental Health Awareness Month

Check out the website for articles and resources: <https://mentalhealthweek.ca/>



During this pandemic, many of us have gone on an emotional rollercoaster ride with ups and downs and many curves! We have experienced: stress, worry, boredom, empathy, compassion, hope and optimism. All of us process our experiences in different ways and have our own unique emotional reactions. And all our emotions are ok! We just want to be able to manage them so that when we experience the unpleasant ones, we are not overwhelmed and have strategies to help calm those uncomfortable emotions down. At school we start to build social emotional learning experiences by helping students name and express the emotions they are feeling. We then teach and practice strategies at school to help us regulate our emotions and stay calm. Some of the strategies we practice are: finding time and space to talk about our feelings, taking sensory breaks, drinking plenty of water and eating healthy, exercising, deep breathing, mindful minutes, yoga, positive self-talk and positive self-affirmations, we walk, we run, we stretch, we sing, we draw, and we dance. Make sure you do what you need to do to take care of your health! Your health is important

and so are you! We need you! The world needs your genius!

Earth Day – April 22nd



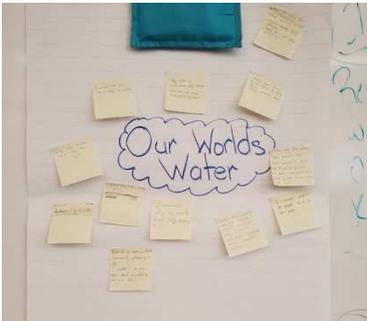
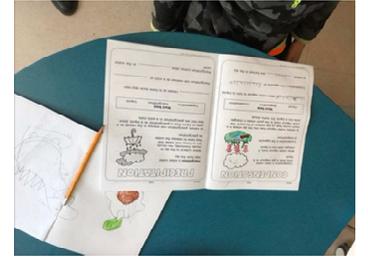


Earth Day is an annual event celebrated worldwide with various events to demonstrate support for environmental protection. The first celebration took place in 1970. As part of our celebration of Earth Day classes participated in various activities in their classrooms, around the community and during theme centres. Students learned about interesting facts, what difficulties are arising and what they can do as individuals to protect the earth and its resources. Messages of reduce, reuse, and recycle were shared.



Hopefully students will be able to remember and apply some of the suggestions that were shared:

- Try to produce less garbage
- Use a refillable water bottle instead of buying bottled water
- Turn off the water when you are brushing your teeth
- Turn off the lights when you leave a room
- Unplug your electronics when you are not using them
- Take shorter showers
- Eat less foods that are prepackaged
- Use recycling bins whenever possible.



Everyone Rides Grade 4-5 Program: HUB Cycling

The Everyone Rides Grade 4-5 program provides British Columbia elementary students with skills, confidence and the opportunity to learn to ride their bikes to and from school. Cycling education for elementary students helps:



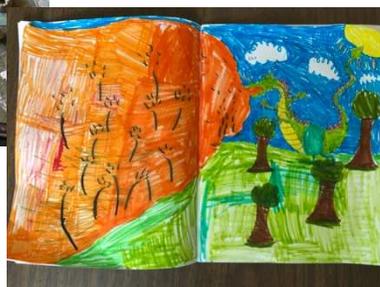
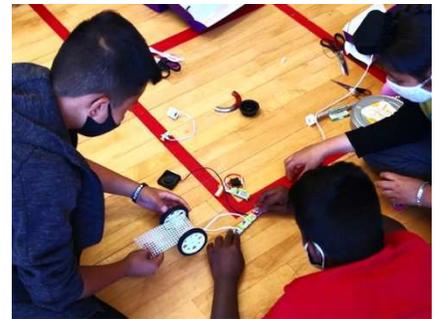
- reach goals related to [Vision Zero](#), climate action, active transportation, and healthy communities
- provide a safer way for students to get daily physical exercise and move within their community during the COVID-19 pandemic
- to raise a generation of sustainable transportation users and safe road users

Universal cycling education in schools is an effective way to raise a generation of sustainable transportation users and safe road users. Every child should finish elementary school having received cycling education (much like they do in many European jurisdictions) - this creates a systemic culture of cycling that permeates student, parent and teacher lifestyles and transportation choices. HUB Cycling is excited to work with the [Ministry of Transportation and Infrastructure](#) to make universal cycling education a reality for BC youth.

We were lucky to participate this year!



What did you learn in school today?



May the 4th Be with you!

KNOWLEDGE INFUSION



We at Henderson are hosting an in-house summer school program, known as *Knowledge Infusion*, again this year. Registration is FREE for the summer school course at Henderson school. This program is not on the District website or flyer.

There is no fee for this program, but you must register online. Please register using this link: [registration form](#) for the Knowledge Infusion program which will offer the following course.

Language Arts and Mathematics Grade 1-6 (Remedial)

Students will review Language Arts and Mathematics skills taught in this past school year. Emphasis will be on reading, writing and basic computation skills appropriate for the child and grade level. The summer environment is motivating and enables students to be successful with their learning. Students must register in their grade level as of June 29, 2021.

Getting ready for Grade 1

Help your child get prepare for grade one! Get ready to spend some time reviewing concepts learned in the past year and learn what to expect for Grade 1. This preview course will cover concepts such as reading, writing, math, and art. This course is for children who completed Kindergarten in the 2020/2021 school year.

Getting Ready for Highschool:

The transition from grade 7 to grade 8 is one of the most important phases of a young student's life. In this course, students will prepare themselves with learning experiences that focus on academic and social skills, preparation in a new environment and long-term management for life in high school. We will also be learning to use various technologies to help organize ourselves and be prepared for the challenges ahead.

PROGRAM DETAILS

Times: **8:30 am to 11:50am**

Dates: July 6th to 21st, 2021

Location: **Henderson Elementary School** (451 E 53rd Ave.)



Mark Your Calendars

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|------------------------------|---|
| ❖ May 19 th | Photo Retakes |
| ❖ May 19 th | Virtual Welcome to Kindergarten for 2021-2022 Kindergarten Families |
| ❖ May 24th | Victoria Day – No School |
| ❖ June 17 th | MaraFun |
| ❖ June TBA | Sports Day |
| ❖ June 25 th | Grade Seven Leaving Ceremony for Grade 7 students/staff only |
| ❖ June 29 th | Report Cards go home & last day of school for students |

** please check the school website for the 2021-2022 School Calendar and Fee Schedule Thank you. ☺