



Administrator's Message

February has been a deeply reflective month in our school. Across the province, recent events have prompted important conversations and moments of pause, reminding us of the responsibility we share in caring for one another. Throughout the month, students and staff have taken time to reflect on empathy, kindness, and the impact our words and actions have on those around us. These moments of reflection have helped strengthen our collective commitment to creating a school environment where everyone feels valued and supported.

Pink Shirt Day on February 25 was particularly meaningful this year. Students participated by sharing hearts filled with messages of kindness and hope for our wider community, a powerful visual reminder of the compassion that lives within our school. Together, we also reflected on how we are actively creating a safe and inclusive environment, one that supports, welcomes, and celebrates all students. The day reinforced that fostering belonging is not a single event, but an ongoing commitment we live out each day through our actions, relationships, and care for one another.

Families can support and reinforce this learning at home by talking with children about kindness, encouraging them to stand up for others, celebrating differences, and addressing unkind behaviour when it arises. An important part of this work also includes helping children navigate the online world safely—talking openly about respectful digital behaviour, staying aware of online interactions, and encouraging students to speak up if they experience or witness cyberbullying.

We are very grateful to be part of such a strong school community that works together to promote empathy, accountability, and safety both in person and online.

Corinne and Danielle

GENERAL INFORMATION

Important Dates

- March 2: Chess Club
- March 3: Indigenous Entrepreneurship Fair
- March 4: Elementary Activity Day (Clay @ vLearn)
- March 5: Elementary Literacy Circles
- March 9: Chess Club
- March 10: Secondary Beading Group
- March 11: Elementary Musical Showcase
- March 12: K - 7 Learning Updates shared with families
- March 16 - 27: Spring Break!
- March 30: First Day back after spring break
- April 3: Good Friday School Closure

Honest, Youth-Friendly Info About Drugs

Interior Health has launched a new online hub designed to help young people access reliable, easy-to-understand information about substances. The site offers practical guidance and connects youth with supports available in their communities.

Explore the resource:
<https://www.interiorhealth.ca/information-for/youth/get-to-know-more-about-drugs>



resources for youth
IN AN EMERGENCY DIAL 911

Counselling & Groups

- Youth Integrated Services Hub: 250-540-5202
- Child and Youth Mental Health: 250-540-5404
- North Okanagan Youth & Family Services: 250-545-3372
- Family Resource Centre: 250-545-3390
- Archery Society for Domestic Peace: 250-558-3858 ext. 221
- Vernon Mental Health & Substance Use: 250-545-5737
- First Nations Health Authority: 1-866-913-0033
- Foundry Virtual BC: 1-877-308-6379

Helplines

- Kids Help Phone: 1-800-648-6868
- Trans Lifeline: 1-877-330-6366
- Here to Help: 310-6789
- Suicide Support: 1-800-SUICIDE
- Hope For Wellness Helpline: 1-855-642-3110
- Indigenous Crisis Line KUU-US: 1-800-588-8717
- National Suicide Crisis Helpline: 9-8-8

Online Resources

- MindShift: www.youthline.com
- Kelly Mental Health: kellymentalhealth.ca
- Self-Help Outreach & Support: www.selfhelpoutreach.com
- Wellness Together Canada: helpforothers.gov.bc.ca
- Help Starts Here: foundry.bc.ca/virtual/
- Foundry: youth@foundry.ca
- Youth Support: www.youthsupport.ca
- Health Nation Correction Program: www.hncp.com/mental-health-contact-form

Helping Someone in Crisis

If someone you care about is struggling, remember that you don't have to support them on your own. School Counsellors are available to help you find and access support for both you and your friend. If the person is in immediate danger, it's important to call 911 for immediate assistance.

Safety

- Options for Sexual Health: optionsforsexualhealth.org
- Youth Safe House: 250-260-7077
- Reporting Child Abuse: 1-800-663-9122
- Help Starts Here: 2-1-1
- Alcohol & Drug Information: 1-800-663-1441
- Referral Service: 1-800-663-1441

Scan to access more resources: 

Click resource poster to expand. Consider posting this in your home for your child.



GENERAL INFORMATION

Indigenous Aunties and Uncles

Our school recently welcomed Chef Chantelle Eustache through the Indigenous Aunties and Uncles Program.

Through this visit, students from Kindergarten to Grade 7 engaged in hands-on, experiential learning centred on traditional foods and cultural knowledge. Chef Chantelle guided students in learning about traditional foods, how they are harvested and prepared, and their cultural significance, fostering curiosity, respect, and connection through shared experience.

Beyond food preparation, Chef Chantelle shared her personal story as a W.L. Seaton graduate, along with teachings connected to syilx language, family traditions, and the meaning of food within her culture. These stories supported deeper cultural understanding and helped students and staff reflect on the importance of relationships, identity, and community in Indigenous ways of knowing.

During the visit, students worked collaboratively to make muddled teas and herb butters, which they enjoyed with freshly prepared bannock. These activities encouraged cooperation, reflection, and hands-on learning while providing an authentic opportunity to engage with Indigenous knowledge in a respectful and meaningful way.

The visit was a powerful example of how intergenerational learning, community partnerships, and shared cultural experiences can enrich student learning. It was a meaningful and memorable experience for all involved and reinforced our school's ongoing commitment to reconciliation, relationship-building, and learning rooted in respect and community connection.



Okanagan Shuswap Regional STEM Fair

Congrats to Leo Udenberg in Grade 4, who will be sharing his project on **tardigrades** (look it up!) at the Okanagan Shuswap Regional STEM Fair on March 10 - 11 at UBC - Okanagan. We wish Leo the best of luck as he competes for prize money and to be selected to attend the Canada Wide Science Fair.

Please drop by UBC - O to see all of the amazing projects from students in our region! This is also a good way to learn more about the fair if you want to participate in it next year.



HELLO March

OUR PAC NEWSLETTER



VLEARN PAC MEETING

NEXT MEETING: Wednesday, April 1st 2026!! (NO MARCH MEETING!)

LOCATION: FULTON HIGH SCHOOL IN THE "ICE PALACE"

(Main doors by reception office, turn to your right in the glass block room)

TIME: 9:30 am - 11:30 am. (9:30 am - 10:00 am, open group discussion for vLearn families.)

All vLearn parents/caregivers (K through 12) are welcome and are encouraged to attend! This gives everyone the opportunity to share ideas, concerns, a great opportunity to connect with other families! WE LOOK FORWARD TO SEEING YOU THERE!

Do you have an activity you would like organized? We would love to hear your ideas!



Email us at:
pacvlearn@gmail.com

PAC EVENT!!



FUN SWIM DAY AT THE VERNON REC CENTER

SIGN UP HERE [▶ SIGN UP FORM!](#)

(Only 35 spots available, all expenses paid on behalf of the PAC!)

WHEN: March 2nd

WHERE: Vernon Recreation Center

TIME: 1:00 pm - 2:00 pm

WHATS INCLUDED: During these fun swims, the lap pool, leisure pool hot tub, and the pools fun features (diving board, waterslide, rock wall, rope swing, and basketball hoop) will be available on a rotational basis.



MAKING CONNECTIONS!

*Follow along for fun activities, opportunities and important reminder, linked here: [Instagram!](#)

*If Facebook is the place you prefer to be, find us here: [Facebook!](#)

*An informal vLearn family chat group has been set up by a group of vLearn parents. This is intended to be a place to share ideas, ask questions, organize meet-ups, and anything else you'd like it to be. The group is on Signal and can be found here: [Here.](#)

OKANAGAN SHUSWAP REGIONAL STEM FAIR

The Okanagan Shuswap Regional STEM Fair website is live and pre-registration is open! This fair open to grades 3-12 students, from all types of schools - homeschoolers and online learners included.

WHEN: March 10-11, 2026

WEBSITE: [LINK](#)

WHERE: UBC Okanagan Campus, Kelowna

AGE/GRADE CATEGORIES:

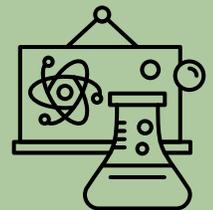
- Emerging Elementary (Grades 3-6)
- Inquiring Juniors (Grades 7-8)*
- Exploring Intermediates (Grade 9-10)*
- Researching Seniors (Grades 11-12)*

TYPES OF STUDENT PROJECTS:

- Discovery: Projects that use the scientific method to answer a question through investigation and experimentation
- Innovation: Projects that solve practical problems through technological design and innovation
- Indigenous Science/Traditional Ecological Knowledge: Projects that showcase Indigenous/First Peoples local knowledge. This includes local perspectives and understanding of the connectedness of the natural world around them

Top projects from grades 7 to 12 will be selected to participate at the annual Canada Wide Science Fair being held in Edmonton, Alberta from May 23-30th. There is also \$4,000 in prizes awarded across all age groups and categories.

GREAT OPPORTUNITIES!



WAYS TO SUPPORT VLEARN PAC!



*All you have to do is collect your receipts from **Nature's Fare**, and **Butcher Boys**, bring them to the scheduled PAC meetings and hand them to one of the Executive PAC members or you can place them into the receipt box located by the administration desk at Fulton! The funds raised by the collection of receipts are used to support students, families, the school, and extra-curricular activities.

Another way to support our vLearn Pac and look great doing it! All you have to do is use this LINK: [Homeschooling](#) and it will direct you to the [Okanagan Gift Co.](#) and choose your design. \$6.00 for every T-shirt/sweatshirt purchased goes towards the vLearn activities planned and organized by PAC!