



Merritt Central Elementary School



Our school recently celebrated our annual Jump Rope for Heart event, bringing students and staff together to promote physical activity and wellness. The event began with a whole-school assembly led by Mrs. Smith, where students learned about the purpose of the campaign and the importance of heart health. Mrs. Smith highlighted key habits that support both physical and mental well-being, including healthy eating, hydration, exercise, sleep, and mindfulness.

Students enjoyed jump-rope demonstrations by both primary and intermediate classes, setting a fun and energetic tone. Following the assembly, Mrs. Smith and Mrs. Cleaveley supported students by providing jump-rope skills, equipment, songs and chants, and encouragement, often joining students during recess and lunch. Several teachers also joined in by incorporating jump rope into PHE classes or jumping alongside students during breaks.

The event wrapped up with a fantastic finale, coordinated by Mrs. Smith, who organized a collaboration with MSS Leadership Big Buddies. These students ran a variety of activity stations including basketball, hula hoops, bean bag games, tag, sidewalk games, and jump rope creating a fantastic high-energy conclusion. It was a wonderful celebration of movement, leadership, and community.

Kamloops Rugby Club

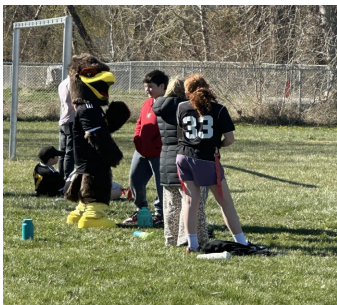


Our school recently hosted a one-hour in-school rugby introduction session for Grade 6/7 students from MCES and CV as an exciting start to the rugby season. The session gave students the opportunity to learn basic skills, experience the teamwork and energy of the sport, and explore rugby in a welcoming, hands-on way. All participating students thoroughly enjoyed the experience.



This session was made possible through a new connection with the Kamloops Rugby Club, helping to build enthusiasm and encourage student participation in elementary rugby. We are excited to be sending 24 student-athletes to the Rugby Festival in Kamloops this June, where they will have the opportunity to continue developing their skills and love for the sport alongside peers from other schools.

District Rugby



We are incredibly grateful for the dedication of our rugby coaches, who have built a thriving program for our students this year. With over 50 students across three teams, practices are running three days a week, and the commitment from both coaches and players has been exceptional.

A huge thank you to Mrs. Martindale and Mrs. Tolmie, who along with successfully convincing Mr. Shea to come on board (even though rugby is usually the one sport where he gets to enjoy a quiet lunchtime!) have created a positive, energetic environment for learning and growth. Their guidance is helping students develop not only strong rugby skills, but also a genuine love for the sport and excitement about continuing into high school.

Beyond the field, we appreciate how the coaches' commitment supports students in problem-solving social challenges, skills we are seeing transfer into students' unstructured time at school as well. We are truly fortunate to have such passionate and committed coaches supporting our learners.

Inspiring Republic



Anti-racism is a key focus of our Enhanced Learning goals at MCES, as we work to foster a safe, respectful, and anti-racist school environment through inclusive language, storytelling, cultural education, and community connection.

Alongside other elementary schools in the district, we invited Inspiring Republic to deliver a virtual presentation focused on equity, respect, and belonging. Two separate sessions were offered to ensure the message was developmentally appropriate for students at different age and grade levels.

The message was powerful and left a lasting impression: we are all unique individuals who deserve respect, and no one should ever be judged or made to feel less because of their skin colour, race, or religion. Students were engaged, reflective, and thoughtful, helping reinforce our shared commitment to inclusion, kindness, and belonging.

Indigenous Games



Our school was proud to host the annual District Indigenous Games, welcoming Grade 6 students from across the district to the MCES athletic field for a meaningful day of connection, community, and culture.

A huge thank you to Ms. Martha, the lead organizer, who thoughtfully coordinated mixed school groups, ensured activities ran smoothly, brought in community members, supported group leaders, and made sure students and helpers were well cared for including providing Bannock for everyone to enjoy.

Students had a fantastic time participating in traditional activities such as Knobbyball, High Kick, Lahal, Big Drum, Rock Throw, and Hoop Jump, making this an awesome and memorable learning experience for all.



Vancouver Warriors



We recently hosted a lacrosse presentation for students in Kindergarten to Grade 7, and it was an engaging and memorable experience for everyone involved. Through an interactive presentation, students learned about the **Indigenous roots of lacrosse**, the history and purpose of the game, and the First Peoples' perspective on learning, along with the basic rules of play.

Students were highly engaged throughout, but a definite highlight was meeting **Curtis Dickson**, a Vancouver Warriors player and one of the top goal scorers in the league. For many students, meeting a professional lacrosse player made the learning feel especially exciting and meaningful.

The session also included a hands-on fitness component, where a group of students participated in lacrosse drills and games. The enthusiasm, movement, and positive energy were clear, and students left feeling inspired and eager to keep learning and playing.

tmxwulaxw Gathering



Miss Matheson's class went up to Chapperon Lake to be a part of the tmxwulaxw Gathering. The students joined Nkwala students and Upper Nicola band members to pay respect and offer good thoughts for the work that is being done as it relates to the Douglas Lake Commonage. Students learned and played traditional games, roasted fish and hot dogs over the fire, learned about the land, explored the local language, and discovered the role of food chiefs and the importance of being out on the land. It was a meaningful experience that helped students connect to the land, community and each other.

Regional Science Fair



We are incredibly proud of the hard work, curiosity, and innovation shown by our students who advanced beyond our school science fair to participate in the Regional Science Fair at Thompson Rivers University. This opportunity allowed students to engage in high-level scientific thinking alongside peers from across the region.

As an extra-curricular activity, much of the project work was completed at home or during students' unstructured time at school, and we are grateful to families for their ongoing support.

A huge thank you to Mrs. Morrison and Ms. Martindale for their guidance during Science Fair Club, helping students problem-solve, refine their thinking, stay on track, and ensure all regional paperwork was complete. We also extend our appreciation to district coaches Mrs. Dreger and Mrs. Kannigan for accompanying and supervising students on the trip to Kamloops.

Primary Run Club



A big thank you to Mrs. Smith and Ms. Martindale for finding a way to bring more outdoor physical activity opportunities to our primary students. While our district offers many great options for intermediate students, we were noticing growing interest from our younger learners.

Mrs. Smith and Ms. Morrison responded by creating Primary Run Club, a welcoming, low-pressure opportunity for students to join in on Thursdays and move with friends. The club encourages stamina, pacing, and a love of being active, while making it easy for students to participate at their own comfort level.

We are grateful for their initiative and commitment to meeting the needs of our "littles" and helping them build healthy habits early on.

Jason Simon Presentation



We were honoured to welcome Jason Simon, a former NHL player and proud member of the Aamjiwnaang First Nation, to our school for a powerful and motivating presentation. Jason shared his personal journey of growing up on reserve, experiencing bullying, and how hockey, training, and setting goals helped him stay focused, avoid trouble, and believe in his potential as a young person.

Jason went on to play professional hockey across multiple leagues, including the NHL with the New York Islanders and Phoenix Coyotes, and now travels across Canada speaking with youth about perseverance, resilience, and making positive choices. His message strongly resonated with students, who were highly engaged throughout the presentation.

We also had the pleasure of hosting Diamondvale and Colletville, and it was wonderful to see outstanding audience skills, respectful listening, and engagement from students across all schools. A meaningful and inspiring experience for everyone involved.