



Tait Week at a Glance

June 22nd – 26th, 2026



Monday 22	PAC Meeting 6:30-8:30pm at Tait
Tuesday 23	Beach Day – Grades K-6
Wednesday 24	
Thursday 25	Year End Recognition Assembly @10:30am Last Day of School for Students
Friday 26	Admin Day <i>Year End School Newsletter will go home by July 3rd</i>

2026
class of
CONGRATULATIONS!

Congratulations to our Grade 7 students who celebrated their elementary school days today with a farewell assembly and luncheon. Thank

you to everyone who contributed their time and energy to this special day with donations, food, drinks, videos and decorations. We wish the Tait Tiger Class of 2026 all the best in high school and beyond!

Tait Family BBQ

What an amazing evening we had at our **Tait Family BBQ** organized and sponsored by our fabulous PAC and parent and family volunteers. Students and families enjoyed Food Trucks, picnics, a craft table, facepainting and tattoos, soccer games, Merlin the Magician, the primary dance team performance, the Treat Train, and free ice cream at the end of the night.

Thank you to staff, parents and everyone who helped organize, set-up, clean up, and join in the fun. The PAC couldn't do it without all of these volunteers. Our last **PAC Meeting** of the year is on **Monday, June 22 from 6:30-8:30pm** at the school. We hope you can join us to start planning for next year!



Summer Active Pass

Be sure to get your child's
Summer Active Pass.

For **only \$29** students can
swim, golf, skate and workout!

It's a great deal and it helps to keep
students' minds and bodies
healthy over the summer.

See your local community centre
for more information and stay active!



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Summer
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GOLF. FITNESS.**

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Setting screen-use limits for school-aged children and teens

School-aged children and teens are still developing. In some situations, they may find it hard to control their impulses, regulate their emotions, or assess and make decisions based on risks and consequences. They need you to set limits and provide support to ensure they make healthy choices online.

How parents can help set limits on screen use

MANAGE screen use through plans, rules, and limits.

- Create a [Family Media Plan](#) to guide media use at home.
- Be present and engaged when screens are used. Whenever possible, watch together and talk about the content.
- Discourage media multitasking—using/watching more than one screen—especially when doing homework.
- Learn about parental controls and privacy settings.
- Have your child or teen share their passwords and login information with you.
- Talk about acceptable and unacceptable online behaviour.

Encourage MEANINGFUL screen use, so that it serves a purpose.

- Put daily routines and important activities ahead of screen time.
- Help children and teens choose appropriate content and encourage programs and activities that have learning goals.
- Be a part of your children's media lives. For example, play video games with them and ask about their experiences online.
- Ask your child's school or childcare provider about how screens are used throughout the day.

MODEL healthy screen use, because children are watching you.

- Review your own media habits and consider where you might need to make changes.
- Never text or use headphones/earbuds while driving, walking, jogging or biking. These are activities where you need to hear what is going on around you to be safe.
- Encourage daily "screen-free" times, especially during meals and family time.
- Turn screens off when not in use, including background TV.
- Avoid screens at least 1 hour before bedtime and keep devices out of bedrooms.

Signs of trouble

Talk to your child's doctor if these signs persist, or interfere with family life:

Complaints about being bored or unhappy without access to technology.

Oppositional behaviour or conflict when you set limits on screen time.

Screen use interferes with sleep, school or face-to-face interactions.

Screen use interferes with in-person/offline play, physical activities or socializing.

Negative emotions after interacting online, playing video games or while texting.

Parents can encourage responsible media use by paying attention, getting involved, and modelling positive media habits.



Centre for Healthy Screen Use

AT THE CANADIAN PAEDIATRIC SOCIETY



Canadian
Paediatric
Society