



INTERNATIONAL EDUCATION

SCHOOL DISTRICT 42 - MAPLE RIDGE & PITT MEADOWS

NEWSLETTER • MARCH & APRIL • 2026



Photo from our February Whistler ski and snowboard adventure. This trip is always a favourite!

COMING UP ON THE CALENDAR

Mar. 8 - Daylight Savings

Mar. 10 - Rocky Mountain Tour ZOOM, 4:30pm
(Mandatory meeting for students attending the 4 Day Tour)

Mar. 16-27 - Spring Break
(No Classes)

Mar. 16-19 - Rocky Mountains 4 Day Tour
(Optional Field Trip)

Mar. 27 - Victoria 1 Day Sightseeing Tour
(Optional Field Trip)

Apr. 1 - Free CAPS-I Webinar for Host Families

Apr. 3 - Good Friday
(No Classes)

Apr. 6 - Easter Monday
(No Classes)

Apr. 5-6 - Sun Peaks Ski & Snowboarding
(Cancelled due to low interest)

Apr. 6 - Grouse Mountain & Capilano Tour
(Optional Field Trip)

Apr. 7 - Orientation for New April Students at Riverside Centre

Apr. 8 - First Full Day of Classes for New April Students



SPRING BREAK

As Spring Break approaches, we would like to share a few student safety and travel reminders:



- Host parents should always know where their students are. Please ensure your student has a safe travel plan for all upcoming activities and remind them of the importance of honest and timely communication.
- It is up to host parents to set reasonable curfews to ensure for the safety and well-being of students. Curfews may be adjusted over the break at your discretion and should be activity dependent.
- If your family plans to travel with an overnight stay, whether it is local or not, it is mandatory that you inform our office.
- Students in our custodial care are not permitted to stay overnight anywhere, including their homestay, without the supervision of a program approved adult over the age of 25. Student sleepovers are only permitted if the family is a part of our district homestay program, and contact information should be shared between the participating host families.
- Please contact your Homestay Coordinator for guidance if you are unsure if an event or activity is appropriate for your student to attend.
- Students travelling home for Spring Break must notify their Homestay Coordinator of their travel dates.
- International students are required to remain in the Metro Vancouver area and are not permitted to travel to any other city without approval from the International Program Office. Travel policies and student Travel Application Forms can be found on our website [here](#).

A list of family activities and local events will be shared with you via email should you want any ideas or inspiration. Feel free to share any photos you take with our office at ie_reception@sd42.ca

FIND US ON SOCIAL MEDIA!





HOMESTAY REFERRALS

Our **homestay family referral program** is still in effect! If you have friends, relatives, neighbours, or coworkers living within our district who would make a good host family, please refer them to us through your homestay coordinator. Once we successfully onboard the referred family and place a student, you will receive a \$100 PC gift certificate as a thank you!

COMMUNITY INVOLVEMENT

Community involvement can really brighten an international student's Canadian experience. Whether it's checking out a weekend market, attending a local event, joining volunteer opportunities, or taking part in community gatherings and celebrations, these small moments help them feel connected and part of something bigger. Sometimes students just need a gentle nudge to step out and explore! Friendly encouragement to engage or a quick "want to come along?" from you can make it much easier for them to jump in and try new things.

HEALTHY SNACKING

Healthy, filling snacks can make a big difference for teenagers, especially after long school days or busy activities. International students may still be getting used to new routines and foods, so having simple options like fruit and yogurt, cheese and whole-grain crackers, or veggies with dip helps keep their energy steady and their mood up. It can also be helpful to offer a few clearly designated snack choices so students know what's available and feel confident choosing something that works for both their appetite and your planned meals. Keeping a few go-to snacks on hand, and letting your student know they're welcome to grab these designated items when they're hungry, can help them feel comfortable, cared for, and right at home! Healthy snack ideas will be shared with you via email for inspiration.



CLUBS & ACTIVITIES

Getting involved in school clubs, activities, and sports is a wonderful way for international students to build confidence, make friends, and feel more connected to their school community. Encouraging your student to explore a new club, try out a sport, or join a lunchtime/after school activity can help them discover new interests and feel more at home.

Participation not only supports their English language growth, but also creates memorable experiences and a stronger sense of belonging during their time in Canada. Students can find information on available clubs and sports through their school's website, or they can meet with their Liaison teacher who can offer suggestions and support.

EMERGENCY LINE

Our 24 hour emergency phone number should be saved as a contact in your phone for ease of access: **604-345-9802**.

Please remember to **call** in the event you have a more serious issue that arises with your student outside of regular business hours. Note that Homestay Coordinators do not check their work phone or messages outside of their office hours. Thank you as always for your attentive care of our students - their safety and well-being while away from their parents is of utmost importance to us.



HOST FAMILY WEBINAR

The free Host Family Webinar Series hosted by CAPS-I continues April 1, 2026.

The focus of this session is "*Getting It Wrong and Making It Right: Failures, Apologies, and Second Chances*". The session will explore different types of failure and why they matter in relationships and learning. You will be provided with the tools for accountability, repair, and growth after things don't go as planned with your international student. The webinar will begin at 7pm via ZOOM. Please visit this [link](#) to register!



SUPPORTING STUDENTS THROUGH CULTURAL DIFFERENCES

Most misunderstandings are not about attitude or intention — they are about different communication styles. Hosting an international student is a journey of learning on both sides. With openness, patience, and clear communication, cultural differences become opportunities for growth and connection.

Understanding Cultural Communication Styles:

Every culture has a kind of “language behind the language” — unspoken rules about how to express feelings, set boundaries, show respect, or disagree. Communication style includes:

- Tone of voice
- Word choice
- Emotional expression
- Level of directness
- How opinions or disagreements are shared

In some cultures, being very direct is seen as honest and respectful. In others, preserving harmony and speaking more subtly is valued. Neither approach is right or wrong — they simply reflect different cultural norms. When we approach differences with curiosity instead of judgment, relationships grow stronger.

Verbal & Nonverbal Communication:

Communication is not only about words. Much of what we express is nonverbal, including:

- Eye contact
- Facial expressions
- Body language
- Physical distance and touch
- Tone and volume of voice
- Use of silence

For example, some students may avoid direct eye contact as a sign of respect, while many families interpret eye contact as confidence and honesty. A student who is quiet at dinner may simply be used to listening first rather than speaking up. When unsure, gently ask rather than assume. Simple clarification can prevent misunderstandings.

High-Context and Low-Context Cultures:

Another helpful concept in cross-cultural communication is the difference between high-context and low-context cultures. High-context cultures (*such as in Japan, China, Brazil, or Latin American and Middle Eastern countries*) often rely on:

- Indirect cues
- Shared understanding
- Body language and tone
- Meaning “between the lines”

Low-context cultures (*such as the United States, Germany, Canada, or Australia*) tend to value:

- Clear and direct communication
- Explicit expectations
- Saying exactly what you mean
- Openly asking questions

When students and host families come from different communication styles, small misunderstandings can happen. Awareness of these differences makes conversations much easier

Learning to navigate differences in communication styles is part of what makes the exchange experience so meaningful. If a situation feels unclear or challenging, please contact your Homestay Coordinator. We are here to support both you and your student and to help facilitate positive solutions.

Thank you for the care and commitment you show to our students and community!



Family Day bowling for Duda, Emmie, Isa, and Nina with their awesome host moms!

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