

# Spul'u'kwuks News

Newsletter #13

June 23, 2017

## From the Office

As we head into our last month of school in July, it is a time to look back and look ahead. We said goodbye in December to Mrs. Shandola for her seven and a half years of stellar leadership. She left the school in such excellent shape that it made my transition that much easier. We will welcome Ms. Nichole Kusch as our new Vice Principal. Mr. Parhar will return to the classroom full-time and I want to thank him for all his excellent work as acting VP. More staff updates will follow in the next newsletter.

## John Chen Update

Every week for the past two months, Mrs. Garrett and I visit John either together or individually at a hospital in Vancouver. On our most recent visit, he was smiling, joking around and in very good spirits. We met with the teachers at the hospital and are planning his return to school. Mr. Chen has decided to publicize this event in the media and a former colleague of his has started a GoFundMe account to raise money for future medical help. I asked him if we could help as a school and raise

money through our PAC but he declined. However, if you want to help and make an individual donation, you may go to the site:

**[GoFundMe.com/John-Chen-MedicalFund](https://www.gofundme.com/John-Chen-MedicalFund)**

## What I Love About Spul'u'kwuks

"Nature all around us." - Tyron

"Happy kids, friendly teachers. ..."- R.J.

"teachers care about us..." -Yuna

"We have a great PAC." - Ella

"We play together" - Leanna



1

### AQUA VAN

On July 5 and 6 the Vancouver Aquarium is coming to school.

2

### WELCOME TO K

On June 8, we had close to 50 new K students come to our Welcome event.

3

### BAND CONCERT

Mr. Naso and the bands are practicing for their final concert on July 20.

## Mindful Minutes

Many of our classrooms are learning about self-regulation and ways to calm down. One resource some teachers are using is called MindUP. MindUP is a comprehensive, classroom-tested, evidence based curriculum that fosters social and emotional awareness, enhances psychological well-being and promotes academic success. All you have to do is sit and breathe.



## Aquavan Comes to School

On July 5 and 6, the Vancouver Aquarium is bringing their AquaVan to school. In groups, students will explore and discover how animals survive in different aquatic environments. By observing, discussing and touching live marine animals, students will be connected to the

underwater world and learn how their actions impact the health of our fragile marine ecosystems. Thanks to Ms. Lau for arranging this special educational opportunity for our students.



## Canada Turns 150

On July 1, Canada celebrates 150 years of Confederation. On Friday, June 30 we will have a short Canada Day assembly at 2:00 pm. We will then have a run outside and afterwards our PAC is kindly handing out cupcakes with Canadian colours to all students.

Our next Spirit Day (July 4) will be "Wear Something Canadian". You can wear something red & white, or something with a Canadian theme. As well, our theme for Sports Day will be Canada. More details to follow.

## Contributing Leads to Belonging

Last summer I took a workshop in Victoria called, Play is the Way (PTW). Using games and activities, PTW is a philosophy of behaviour education and student self-regulation that fosters independent, self-motivated, empathetic life-long learning. Here is an article they have allowed me to publish. It is from Wilson McCaskill, the founder of PTW.

*Sometimes parents ask: "What is one thing I need to be doing to ensure my kids do all right?" My answer, although simple, surprises parents. Give them every opportunity to contribute, contribute, contribute. Finding ways for children to contribute to family life is so much harder these days. Gone are so many opportunities we once took for granted. Homes have dishwashers and robot vacuum cleaners, there's no need to hang out washing, just throw it in the dryer, the gardener cuts the lawn and the list goes on. The lack of opportunities to contribute makes it hard for children to experience the rewards of behaviour that leads to the betterment of themselves, their families and their communities. It has made it hard for them to see beyond their own needs to the needs of others....We are all advantaged by acts of giving. We feel good from doing good....Given opportunities to be helpful and kind in our youth ensures that we continue to reap the psychological rewards of remaining so. Contributing builds our understanding and appreciation of differences, strengths and challenges. It makes us more tolerant, more aware and more likely to ask for help and volunteer to help. Without chances to contribute, children too easily become self-centred, selfish, entitled and dismissive of the needs of others.*

Kids love to help and contribute. Let's give them the chance to do it, like Alice, shown here who volunteered to pick up garbage herself.



## Lunch Drop-Off

One of the goals of Canadian schools is to help build independent, empathic, curious students. As our school grows in population, we notice that more and more parents are waiting in the foyer or outside classrooms to personally give their child their lunch. We ask that, if possible, you leave the lunch on the trolley by 11:30. This will also help with traffic congestion before lunch and safety concerns. Thank you for your understanding.

## Sports Day

We are preparing for Sports Day on July 14. Students will soon be meeting in their Family Teams and getting to know their teammates. On the day, there will be a bike parade for non-motorized bikes. Students are encouraged to decorate their bikes and ride safely in the parade. This is a Spul'u'kwuks tradition that our students really enjoy. Parents are very welcome to come out and spend the day. The PAC will be organizing pizza lunch for that day. Order through Munch-a-Lunch or with the order form attached to this newsletter.



## Upcoming Events



June 26	Hot Lunch
June 28-30	Camp Jubilee Outdoor Ed for Gr. 6/7s
July 3	Canada Day Holiday - No School
July 4	Spirit Day: Wear Something Canadian
July 7	Staff Appreciation Lunch
July 14	Sports Day / Parent Appreciation
July 17	Sports Day Rainout Day
July 20	Band Concerts: 2:00 pm and 6:30 pm
July 25	Gr. 7 Farewell Assembly 1:00 pm
July 26	Leaving Assembly 9:00 am
	11:30 Dismissal - School's Out for Summer

## STAFF APPRECIATION LUNCH



It's once again the time of year for us to show our appreciation to the teachers & staff at Spul'u'kwuks by hosting the Staff Appreciation Lunch. We will be holding this event on Friday, July 7, 2017 from 12-12:45pm.

If you would like to contribute to this event, we are suggesting a donation of **\$10-20 per family** (any contribution is welcome) towards the lunch & we will be ordering the lunch from a local caterer.

If you choose to contribute, please put the money (or cheque made to SPAC) in an envelope labeled "Staff Appreciation Lunch" and leave it at the front desk.

If you have any questions, please contact Agnes at 778-996-7907 or Lesley at 604-992-0366.

We would appreciate receiving your contribution by **Friday June 30th**.

**Thank you for your support.**

### 教职工答谢午餐会

兹定于2017年7月7日星期五12:00-12:45, 为学校教职工举办“答谢午餐会”, 感谢学校教师、教工一年来的辛勤工作与努力。

如果您乐意支持这项活动, 我们建议按每家庭\$10-\$20元的额度捐款(此为建议金额, 任何高于或低于的捐款我们都不胜感激)。捐款将用于向本地专业订餐机构订餐。

请将捐款现金(或支票, 抬头: SPAC)放在信封里交到学校前台, 信封上请标注: Staff Appreciation Lunch

如有疑问, 请: 致电 Agnes 778-996-7907 或 Lesley 604-992-0366

捐款请在6月30日前交到学校前台。

感谢您的热心支持!

## Spul'u'kwuks Elementary School School Calendar for 2017-18

First Day of School	Tuesday, September 5, 2017
Professional Development Day – No school	Monday, September 25, 2017
Thanksgiving – No school	Monday, October 9, 2017
Professional Development Day – No school	Friday, October 20, 2017
Remembrance Day stat – No school	Monday, November 13, 2017
Professional Development Day – No school	Friday, November 24, 2017
Last Day of School before Winter Vacation	Friday, December 8, 2017
<u>Winter Vacation</u>	December 11, 2017 to January 5, 2018
First Day Back from Winter Vacation	Monday, January 8, 2018
Professional Development – No school	Friday, January 26, 2018
Family Day – No school	Monday, February 12, 2018
Professional Development Day – No school	Friday, February 23, 2018
Last Day of School before Spring Break	Thursday, March 29, 2018
<u>Spring Break</u>	March 30 to April 27, 2018
First Day Back from Spring Break	Monday, April 30, 2018
Professional Development Day – No school	Friday, May 18, 2018
Victoria Day – No school	Monday, May 21, 2018
Professional Development Day – No school (pm)	Friday, June 29 (afternoon only)
Canada Day stat – No school	Monday, July 2, 2018
Last Day of School before Summer Vacation	Thursday, July 26 (morning only)
Professional Development Day – No school (pm)	Thursday, July 26 (afternoon only)
Administrative Day (Teachers Only)	Friday, July 27, 2018

**\*\* WE URGE FAMILIES TO BOOK VACATIONS  
DURING THE DESIGNATED HOLIDAY TIMES LISTED ABOVE. \*\***

### Non-Instructional Days for 2017-18

*Students do not attend school on these days.*

Monday, September 25  
Friday, October 20  
Friday, November 24  
Friday, January 26  
Friday, February 23  
Friday, May 18  
Friday, June 29 (pm only)  
Thursday, July 26 (pm only)

### Report Card Dates

#### Early Dismissal for Parent/Teacher Conference

Term One – December 5, 2017  
Term Two – March 27, 2018  
Term Three – July 24, 2018  
October 18 and 19, 2017 (Wed. and Thurs.)  
February 21 and 22, 2018 (Wed. and Thurs.)  
*Students will be dismissed at 2 p.m. on these days.*

### SCHOOL HOURS

<u>Monday to Friday (Grades K-7)</u>	9:00 a.m. - 2:58 p.m.
Recess	10:10 a.m. - 10:25 a.m.
Lunch	12:05 p.m. - 12:55 p.m.
<u>School Office Hours:</u>	8:00 a.m. - 4:00 p.m. (Mon. to Fri.)

*\*Unexpected changes may occur – please check the school website and sign up for the newsletters so that you don't miss any updates!*

# Spul'u'kwuks PAC Sports Day Lunch July 14, 11:45 am – 12:30 pm

**Mark your calendars: Friday, July 14th is Oh Canada SPORTS DAY at Spul'u'kwuks!** Come and enjoy the fun-filled morning with your children!

After the events, you are invited to enjoy a "picnic-style" lunch with pizza and drinks served in the school gym between 11:45 am - 12:30 pm, or lunch may be brought from home. The lunch will be on this day, rain or shine.

Please use the order form below to pre-order your pizza, drinks and freezies and guarantee your selection! There will also be limited quantities available for last-minute purchase at the lunch. Please remember to order for all family members who plan to attend.

**We need parent volunteers to help serve lunch.** If you can help, please contact Joan at [joanman@hotmail.com](mailto:joanman@hotmail.com). We hope to see you at Sports Day!

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## Sports Day Lunch Order Form July 14, 2017

Student Name: \_\_\_\_\_

Division: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_



**Pizza** \$2.75 per slice; \$17 for a whole pizza (8 slices per pizza)

Cheese	_____ X \$2.75	= \$	_____
Pepperoni	_____ X \$2.75	= \$	_____
Hawaiian	_____ X \$2.75	= \$	_____
Whole Pizza	_____ X \$17.00	= \$	_____

Please circle your whole pizza choice: Cheese    Pepperoni    Hawaiian

**Drinks** \$1.00 each

Bottled Water	_____ X \$1.00	= \$	_____
Iced Tea	_____ X \$1.00	= \$	_____

**Dessert** \$1.00 each

Freezies	_____ X \$1.00	= \$	_____
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**Total : \$** \_\_\_\_\_

Cheques are payable to **SPAC**.

**Please return this form no later than Friday, July 7<sup>th</sup>.**