

# SPUL'U'KWUKS NEWS

Newsletter #4

October 28<sup>th</sup>, 2016

Telephone: 604-303-5100

Fax: 604-303-5106

Principal: Mrs. Darlene Shandola

Safe Arrival: 604-303-5108

Vice Principal: Mr. John Kibblewhite

Website address: spulukwuks.sd38.bc.ca

Trustee: Mr. Jonathan Ho

## From the Office

### Registration for New Kindergarten Students

Children born in 2012 and who are Canadian citizens can register at their catchment school for Kindergarten starting Tuesday, November 1<sup>st</sup>. If you are interested in any district programs, you can register at your neighbourhood school and then take the district options program registration (EFI, LFI or Montessori) to the School Board's Central Registration Office.

Kindergarten children who are not Canadian citizens go to the School Board's Central Registration Office starting November 1<sup>st</sup> as well.

## Around the School

### Student Leadership 2016-17

Our 2016 Student Council is off to a great start. We had our first Spirit Day – Pajama Day – on October 12<sup>th</sup> and then planned two events for Monday, October 31<sup>st</sup>: A Halloween Assembly and a costume contest (at recess for Primary and at lunch for Intermediates). It will be a spooky good time for all!

### Remembrance Day Assembly

This year our Remembrance Day Assembly will be held on **Thursday, Nov. 10<sup>th</sup> at 10:30 a.m.** in the Gym. Students who are members of Sparks, Brownies, Beavers, Cubs, Guides, Scouts and Cadets are invited to wear their uniforms for the assembly and to take part in the presentation of the Flag. Poppies will be distributed to all students and donations to the Poppy Fund will be accepted on that day and throughout the week at the school office. Parents and family members are invited to join us for this special Assembly for Remembrance.



### Red Cross Babysitting Course

**Offered at Spulukwuks, Monday, Jan.30th, 2017, 8:30-3:30  
11+Yrs**

**More information to come!**

### Left Over Halloween Candy Collection

McMath's leadership students are collecting left-over Halloween candy to donate to the Good Shepherd Ministry. Bring any unwanted, wrapped candy to school next week and put in the blue bin in the front hallway outside the office. Thank you!

### Other Dates to Remember

Wednesday, November 9<sup>th</sup>

Thursday, November 10<sup>th</sup>

Friday, November 11<sup>th</sup>

Thursday, November 17<sup>th</sup>

Tuesday, November 22<sup>nd</sup>

Friday, November 18<sup>th</sup>

Monday, November 28<sup>th</sup>

Wednesday, November 30<sup>th</sup>

Thursday, December 1<sup>st</sup>

Thursday, December 1<sup>st</sup>

Friday, December 2<sup>nd</sup>

- Photo Retakes 9:00 a.m.
- 10:30 a.m. Remembrance Day Assembly
- No school on this day in honour of Remembrance Day
- PAC Meeting 6:30 p.m. in the school library
- 9:30 a.m. Vancouver Theatre Sports Parents are invited.
- Curriculum Implementation Day – No school for students. Teachers will be at workshops during this day.
- Tea and Talk 9-10 a.m. Reporting and the new curriculum
- Hot Lunch. No Nova Foods will be delivered today.
- Santa's Breakfast – more details to come
- Last day for reports to be sent home
- Farewell Assembly for Mrs. Shandola 2:00 p.m.
- Last day of school before the Winter Break

## SANTA BREAKFAST VOLUNTEER

HI EVERYONE WE ARE LOOKING FOR VOLUNTEERS TO HELP OUT WITH OUR ANNUAL SANTA BREAKFAST EVENT ON WEDNESDAY NOVEMBER 30<sup>TH</sup>

PLEASE TAKE A LOOK AT THE TIME SLOTS & LET US KNOW WHAT TIME YOU ARE ABLE TO HELP **BY NOVEMBER 18<sup>TH</sup>**

SET-UP TUESDAY NOVEMBER 29<sup>TH</sup> 3.00-4.00\_\_\_\_\_

DAY OF EVENT WEDNESDAY NOVEMBER 30<sup>TH</sup>

7.15-7.45\_\_\_\_\_

7.45-8.15\_\_\_\_\_

8.15-8.45\_\_\_\_\_

8.45-9.15\_\_\_\_\_

9.15-9.45\_\_\_\_\_

PLS EMAIL [JUDGESUZANNE@HOTMAIL.COM](mailto:JUDGESUZANNE@HOTMAIL.COM) WITH YOUR NAME AND PHONE NUMBER

THIS IS A GREAT EVENT & WE NEED MANY VOLUNTEERS TO MAKE IT A SUCCESSFUL EVENT EVERYONE'S HELP IS GREATLY APPRECIATED

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### 圣诞早餐义工招募

我们一年一度的圣诞早餐会将于 11 月 30 日星期三举行，现诚招家长义工到场帮助。

有意者请填好您可以帮忙的时段，于 11 月 18 日前报名。

布置会场：11 月 29 日星期二下午 3.00-4.00\_\_\_\_\_

活动日：11 月 30 日星期三早上

7.15-7.45\_\_\_\_\_

7.45-8.15\_\_\_\_\_

8.15-8.45\_\_\_\_\_

8.45-9.15\_\_\_\_\_

9.15-9.45\_\_\_\_\_

您也可电邮至 [JUDGESUZANNE@HOTMAIL.COM](mailto:JUDGESUZANNE@HOTMAIL.COM) 报名，告知您的姓名与电话号码。

这是我校重要的活动，为保证成功举办，我们需要众多家长义工，感谢各位的大力支持！

## Introduction to Mindful Parenting

### 免費「專意育兒法入門」研習講座

適合居住烈治文0歲至12歲孩童的  
普通話家長參加

*“Mindful parents can offer the most precious gift of their purposeful awareness to raise some joyful and resilient children.” — Mindful Parent*



如果你想培養一個快樂，聰明，有反彈力的孩子...，又或者，如果你想有更好的了解您的孩子的崩潰，難以集中，或悲傷的感覺，本次研討會適合你。

這研習講座的主題包括：

- 從神經科學角度理解兒童的情緒困難和具有挑戰性行為
- 專意練習如何可以幫助父母成為合情合理的家長
- 實踐一些體驗式的專意練習
- 一些養育孩子的心得
- 9週的“Mindful Parent Resilient Child”家長小組的簡介和要素，讓您可以決定這個家長小組是否適合您

這僅是為父母的研習講座  
恕不能提供托兒服務

**Date and Time: January 13, 2017 (Friday)**  
**9:45am to Noon**

**Location: Richmond Public Health**  
**Room #345- 8100 Granville Avenue,**  
**Richmond**

**語言: 普通話**

**報名及查詢: 請電 604-233-3223 or**  
**[https://mandarin\\_intromp\\_2017.eventbrite.ca](https://mandarin_intromp_2017.eventbrite.ca)**

**報名截止日期和時間: 2017年1月06日 4PM**