

Spul'u'kwuks News

Newsletter #10

From the Office

We have a new look for the newsletter and hope you like it. Here are some highlights over the past few weeks. We had a very successful Scholastic Book Fair in the library. Over \$8 000 of books and materials were sold and from this total the school library will see about \$2 000 in new books. Jump Rope for Heart raised over \$900 for The Heart and Stroke Foundation. The district held its biennial conference on February 24th. There were many offerings for staff on a wide array of topics such as math, inclusion, literacy, technology, music, design thinking, yoga and more. I attended two sessions by Dr. Deborah McNamara, a psychologist from the Neufeld Institute. She spoke about anxiety and likened it to an alarm system. A quiet alarm is healthy and keeps us safe. A loud alarm system can lead to obsessions, compulsions, over conscientious behaviours and fears. We can counter anxiety by having strong attachments to caring adults and family. At home she mentioned how a family meal can be a very powerful way to connect. Family meals can generate feelings of closeness, comfort and stability. At school, we try and make emotional attachments with our students. This leads to the teachability factor which is a psychological and emotional readiness that students bring to school. More on this in the next newsletter.



What I Love About Spul'u'kwuks
 "The students are nice and the teachers are awesome"-Alexi

"Everyone encourages each other" - Amika

"...each break is one month and I love that we have Spirit Days" - Annabelle



1

SCIENCE JAM

Students in Div. 4 and 5 loved Science Jam.

2

BASKETBALL

Gr. 7s finished their season at Burnett's Breaker Tournament.

3

SHARING ASSEMBLY

Students sang, played recorders and presented poetry.



Soccer Balls to Uganda: Spul'u'kwuks Links with The Walking School Bus

We recently donated a dozen soccer balls to The Walking School Bus

Outside Days at Recess and Lunch

After our April break, every day will be an outside day at recess and lunch. We want our students to have exercise, fresh air and a chance to play together. Even though it will be milder, we know it can rain anytime. Students should come to school prepared for any weather. They can wear boots, rain jackets and even bring an umbrella if they wish. As teachers at a Canadian school, we encourage outside play because both research and our experiences tell us that this leads to better learning. And we all want that.

programme.

This programme brings literacy, numeracy and now, soccer balls, to children in Uganda. Mr. Kibblewhite knows Michelle Gillman, the CEO of this non-profit organization and offered the balls. Her response : “Thank you so much. Soccer balls are like gold in these countries.” For more info go to: <https://thewalkingschoolbus.com/>



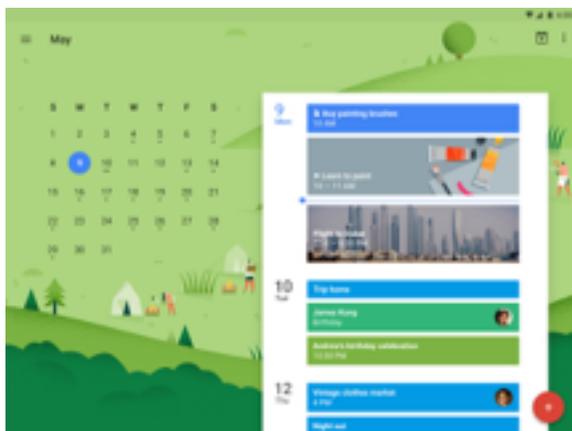
LOCAL AUTHOR VISIT

Ambrose Merrel, a Vancouver based author came to school Friday, March 10. He wrote, *The Sword that Saves*, a book set in Vancouver and Ancient Japan. First he met with The Book Club and then put on his Aikido clothes and spoke to divisions 1, 2, 3 and 4 in the library. The students learned about the craft of writing as well as life lessons based on the principles of Aikido.



Important Upcoming Dates

Monday, March 20	Hot Lunch
Friday, March 24	Div. 3 Garage Sale
Tuesday, March 28	Report Cards Sent Home
Wed. March 29, 6-7pm	World Expo, Div. 3
Thurs. March 30, 2pm/6:30	Band Concert
Friday, March 31	Last Day of Term 2
April 3-28	April Break
Monday, May 1	Curriculum Implementation Day, No School for Students
Tuesday, May 2	First Day Back for Students
Wed. May 3	Michael Bortolotto Inspirational Speaker
Friday, May 19	Children of the Street Society Presentation for Gr. 6/7s
Monday, May 22	Victoria Day Holiday
Thurs. May 25	Track Meet at Minoru



Health Tips from our School Public Health Nurse

On Sleep

Is your child getting enough sleep? In new research, scientists gave some recommendations for sleep based on age and life stage. The recommendations range from up to 16 hours daily for babies to at least eight hours for teens. Here are the guidelines:

10-13 hours including naps for 3-5 years old

9-12 hours for children 6-12 years old

8-10 for teens

How Does Sleep Help

Adequate sleep is linked with improved attention, behaviour, learning, mental and physical health at every age. Not getting enough sleep increases risks for obesity, diabetes, accidents, depression and in teens, self-harm.

Bedtime Routines

Try and get your child to relax before bedtime. A bath, bedtime story or quiet reading can help. Computer time and gaming is not recommended as it gets the brain excited and distracted. Here are a couple of articles on the value of sleep:

<http://www.sleepforkids.org/>

http://www.caringforkids.cps.ca/handouts/healthy_sleep_for_your_baby_and_child



April Offerings at The Oval

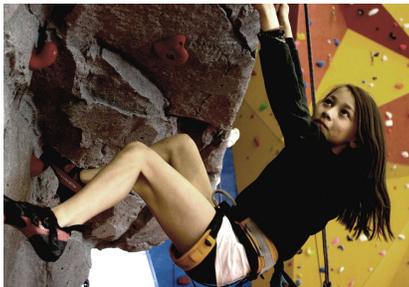
The Oval is offering Spring Break camps again this April! When parents search online (<http://richmondoval.ca/community-sport/sport-camps/spring-break-sport-camps/>) or call in (778-296-1400) it will be listed under April Spring Break camps. We will look to cater these camps to suit the sport and activity interests of participants



6-12YRS
Spu'ukwuks
SPRING BREAK CAMP

APRIL 3-21

Week 1 April 3-7
Non-member: \$300 | Member: \$270
Week 2 April 10-13
*No camp April 14
Non-member: \$240 | Member: \$216
Week 3 April 17-21
Non-member: \$300 | Member: \$270



778 296 1400
richmondoval.ca
6111 River Road Richmond BC



Are you missing some of your children's clothes? Come and check out the lost and found tables in the foyer. Any items not claimed by Friday, March 24 will be donated to an inner city school in Surrey.

Parking and Dropping Off Your Children

Please ensure you drop off your child inside the parking lot in the drop off lane. Student's safety is our number one priority and we want our students to arrive safely and on time. There is always a rush at 8:55. Can you drop off your child earlier? Can you walk your child to school? Either of these two suggestions would help.