SPUL'U'KWUKS NEWS

Newsletter #8   **January 27th, 2017**

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From the Office

Happy Lunar New Year!

Today is the beginning of the Lunar New Year. We have many families and students from all over Asia including China, Hong Kong, Taiwan, Korea, Japan, Malaysia and Singapore. Some classes are learning about the customs and traditions of celebrating the New Year. Here's what a sample of students from Div. 9 said: Tiffany, "My family celebrates Chinese New Year. My favorite part is when we get the red pocket with money inside." Kylie says, "My family celebrates the Korean New Year. We eat a soup with seaweed in it." And Elina says, "On Japanese New Year, people say 'akemashite omedetou gozaimasu.'" So however you say it in your house, whether you celebrate Lunar New Year or not, we wish you all health, happiness and good fortune for the coming year. Today, some PAC volunteers held activities in the library where students could learn calligraphy and other traditional activities.

Today marks the end of the fourth week of 2nd term and our school is buzzing with exciting and engaging teaching and learning. I am trying to get around to all the classes and see what is going on. I have seen coding in kindergarten classes, innovative math lessons throughout our school and many hands on experiments in science. A large part of our time is devoted to teaching the social and emotional skills that children need, in order to be able to read, write, work with numbers and think critically. Some teachers and myself are introducing mindful breathing to their classes as a way to calm themselves and handle the daily stresses that come our way. The Core Practice of deep belly breathing, attentive listening and mindful attention can help learning. For more information, google: mindup.org.

Please remind your children to **walk** in the halls at school. We want everyone to be safe and there is no reason to run. As Lewis Carroll wrote in *Alice and Wonderland*, "The hurrier I go, the behinder I get." Wise words.

Earlier this month, I along with some parents, attended an internet safety workshop entitled, "Parenting in a Digital World." One important lesson we learned is to monitor your children's online activities whether it is through video games, social media or email. Two good websites are Safe on Line http://www.safeonline.ca/ and the Canadian Centre for Child Protection https://www.protectchildren.ca/app/en/

PAC NEWS

Please complete the Santa Breakfast Survey to help us plan for next year. Your opinion matters.
Next PAC Meeting is February 16th at 6:30 in the school library. All parents are welcome.
PAC is looking for volunteers to help with the Book Fair, February 21-23. Please sign up in the library or email: spulpac@gmail.com

JUMP ROPE FOR HEART
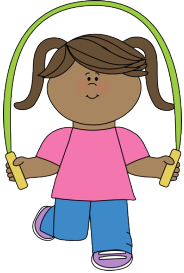
Jump Rope for Heart is a fundraiser for the Heart and Stroke Foundation and students have taken home a donation envelope. Please help them with this fundraising by registering online and sending out emails to encourage your friends and family to donate. The students will be learning how to do a variety of skipping routines, and will participate in a Jump Rope for Heart skipping day on Febrary 14. Please return donation envelopes with cash or cheque donations by February 14 to your child's teacher. They will pass it on to Mrs. Magnan who is coordinating this effort. Thank you for your support of this worthwhile cause.

PRO-D DAY JANUARY 30

This Monday, staff will be engaged in some interesting and engaging professional development. In the morning we will look at the Core Competencies which are part of BC's New Revised Curriculum. Mr. Kibblewhite, Mr. Parhar and Mrs. Shackles will lead this session. In the afternoon, staff will choose one session from these offerings: Ms. Rakhra will present Mindfulness, Mr. Parhar will talk about how to utilize one of the district's new software platforms and Ms. Wood is leading a session on anxiety. Here are some links: https://curriculum.gov.bc.ca/competencies
www.mindup.org

BASKETBALL

Our grade 6/7 boys and girls basketball teams have started up. Practices and games have started. We value school sports as we believe students can learn many lifelong lessons such as teamwork, sportsmanship as well as skill development. Thanks to all the coaches for their time and effort especially Mr. Bollo, a parent, for volunteering his time.

Dates to Remember

Monday, January 30th	- Professional Development Day – No School for students
Wednesday, February 1st	- Sharing Assembly at 9:05
Tuesday, February 7th	- Dufflebag Theatre Presentation: Rumplestiltskin, 9 am
Friday, February 10th	-Tea and Talk: The New Personal and Social Core Competency. Ms. Ornella Svalestuen, Coordinator of Social Emotional Learning
Monday, February 13th	- Family Day – Schools closed
Friday, February 17th	- Movie Night: Moana, 6-8 pm
Tues., Wed. & Thurs, Feb. 21-23	- Scholastic Book Fair in the Library
Friday, February 24th	- District Professional Development Day-No School for students
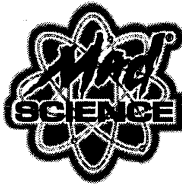
MAD SCIENCE SEVEN-WEEK SCIENCE CLUB

ENGINEERS SHAPE THE WORLD! Our 7 Class STEM Brixology After-School Program allows kids to step into the shoes of an engineer! Children will be using LEGO® bricks to build a different engineering-themed project in each class. They will explore engineering fields including mechanical, structural, aerospace, nautical, and bioengineering, and use critical thinking, cooperation, and creative problem-solving to test and improve creations. Experience extended learning with a take home toy to reinforce each concept.

School: SPUL'U'KWUKS ELEMENTARY | Sessions: WEDNESDAY, 3:15 – 4:15 P.M. (GRADES 3 – 7)
Dates: FEBRUARY 15 – MARCH 29, 2017

Space is limited so register early - $113.75 (includes tax) for 7 weeks
*** MONITOR FOR OUR eMAIL ONCE YOU REGISTER *** DEADLINE: WEDNESDAY, FEBRUARY 8, 2017 ***

MACHINES
Engineering is creative! Learn how gears, lever and pulleys are useful tools, for mechanical engineers then combine them with art and design to create and test a motorized drawing machine.

AEROSPACE
Launch your imagination to new heights as you explore aerospace engineering! Discover the secrets of working in space – efficiency and compact design. Create a trussed space station module, then connect it with others to create a massive modular spacecraft.

TOWERS
Reach for the sky! Find out how structural engineers use ideas from physics to solve problems. Work together to build a structurally sound tower with a working elevator, then test and improve your design for strength and stability.

CARNIVALS
Feel the thrill as you build a spinning swing ride! Learn about the forces and mechanical engineering concepts behind some of your favorite, amusement park rides. Then improve and test the design to create an even wilder ride.

BRIDGES
How can you build the strongest bridge? Work together with your fellow civil engineers to build and test different bridge designs. Then use what you've learned to create the strongest bridge possible.

CREATURES
Discover nature's engineering secrets as we investigate biomimicry! We can learn a lot about efficient design from observing plants and animals. Build a walking insect machine then test different ways to help it climb up the steepest branch.

BOATS
Create a sea-worthy vessel as you set sail with nautical engineering! Build and test a boat powered by potential and kinetic energy. Then try changing specific variables to improve speed, buoyancy, and stability.

VEHICLES
Get in gear as an automotive engineer! Build a motorized vehicle and learn how to optimize it. Use wheels, axles and gears to reduce friction and make it work better. Then shift things into a higher gear to get a hands-on understanding of transmissions and gear ratios.

* NOTE: ONLY SEVEN OF THE ABOVE TOPICS WILL BE TAUGHT *

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TO REGISTER, GO TO OUR ONLINE REGISTRATION AT:

https://register.madscience.org/vancouver

FOLLOW US ON FACEBOOK: MAD SCIENCE OF GREATER VANCOUVER