



**Spul'ukwuks Elementary School**  
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**Mrs. Elaine Stapleton**  
Principal

**Mr. Kristi Narbett**  
Vice Principal

December 3, 2020

**HAVE A HAPPY HOLIDAY!**

Tomorrow is our last day of school for 2020, and we will see students again on Monday, January 4<sup>th</sup>!  
We hope that you enjoy the break and spending time together as a family. If you observe a celebration at this time, we wish you a Merry Christmas, Happy Hanukkah, Happy Kwanzaa, and/or Happy Winter Solstice, and just recently, Happy Diwali!

Don't forget to keep up to date on the latest information from our Public Health Officer and follow the direction we receive about the people we are allowed to see. As you know, Covid numbers have been increasing due to people not following the guidelines. Help keep our Spul'ukwuks community safe by doing what's right, even if you might prefer to do something else. We all make a difference!



**GIVING THANKS**



Thank you to everyone who participated in the Virtual Holiday Celebration last night and the PAC Poster Contest. We had a fun evening and it was terrific to see our Spul'ukwuks spirit shining brightly! Also, thank you to those families who were able to respond to the PAC Donation Letter and make a contribution to support our students and the school. We are very grateful!

**PAC POSTER CONTEST WINNERS**

The theme of this year's poster competition was, "**How we can have fun and stay safe this holiday season.**" There was an incredible number of entries and it was very difficult to choose winners, as there were so many excellent posters submitted. It is evident that Spul'ukwuks has many talented artists! Those students who were awarded prizes can pick them up at the office.

- 1<sup>st</sup> prize – 2 winners (1 from Primary and 1 from Intermediate) – \$50 Amazon gift card
- 2<sup>nd</sup> prize – 4 winners (2 from Primary and 2 from Intermediate) – \$35 Amazon gift card
- 3<sup>rd</sup> prize – 4 winners (2 from Primary and 2 from Intermediate) – \$25 Amazon gift card

**Primary:**

- 1st: Jayden L. Div. 16
- 2nd: Florence L. Div. 15, Molly W. Div 7
- 3rd: Adrianna C. Div. 12, Mikayla T. Div. 10

Honourable mention: Harvey G. Div. 11, Eric S. Div. 14, Marvin C. Div. 16

**Intermediate:**

- 1st: Jenny T. Div. 3
- 2nd: Erin S. Div. 5, Angela C. Div. 3
- 3rd: Chloe W. Div. 2, Amy L. Div. 7

Honourable mention: Rebecca M. Div. 3 Jessica M. Div. 2, Sheena L. Div. 4



## DARE (DRUG ABUSE RESISTANCE EDUCATION)



Our Gr. 5 students finished the DARE program this week with Constable Kandola from the Richmond RCMP. We hope to equip our students with the ability to choose a drug-free lifestyle and to use the DARE Decision- Making Model to support them in making good decisions in all aspects of their lives. Each student was given a certificate and a t-shirt for participating in the program. If your child completed the program remotely, you

may call the office to set a time to come and pick up the items. Thank you to Mrs. Hyrman for taking on the role of teacher-sponsor!

## TRANSITIONAL LEARNING

Parents and Guardians of Transitional Learners have received this information, and we would like to share it with the rest of our community. As you know, schools have some learners attending in person and others engaging in Transitional Learning.



A number of parents have communicated to the District that they continue to have concerns about sending their child to school at this time and have requested that the Transitional Learning program be extended past January 31, 2021.

The Richmond School District continues to take direction from Vancouver Coastal Health regarding all public health matters, and our schools are fully compliant with all provincial health and safety guidelines for K-12 schools. Approximately 85 per cent of students in the school district are safely attending schools in-person. At this time, there have not been any cases of COVID-19 transmission in our schools. Public Health experts, including the Provincial Health Officer, Dr. Bonnie Henry, have made it clear that schools are safe places to be.

Nevertheless, we understand that some parents continue to have concerns about sending their child to school at this time for a variety of reasons. Based on these concerns, the Board of Education has decided to consider a possible extension of the program. In making its decision, the Board will need to consider several factors, which include Vancouver Coastal Health's assessment of the public health situation as it relates to schools, the budgetary and staffing implications of extending the program, and the potential impact on programming both for students in the program as well as for those who are attending school in-person.

The Board of Education will consider these factors and make a decision at the next public meeting of the Board on **Wednesday, December 16, 2020**. The decision as to whether the Transitional Learning program will be extended or perhaps varied will be communicated to parents and guardians by December 18<sup>th</sup>.

**\*If you decide that you want to send your child back to school after the winter break, please contact the office on or after January 4<sup>th</sup>, as no one will be checking messages over our holiday. Once we have received your message, we will arrange a start date for your child.**

## EMERGENCY DRILLS

We have completed all of our required drills for the first part of the school year: fire drills, an earthquake drill, and a lockdown drill. Congratulations to our staff and students for their participation in the drills and for the level of care they showed. We hope that we will never need to use these skills, but it is always better to be prepared. Make sure you have plans for home...What would you do in case of a fire? Earthquake? Intruder? It is sometimes uncomfortable to talk about these kinds of things, but being matter-of-fact and putting a plan in place will provide your family with peace of mind. You can find online resources through the Red Cross and government web sites:



<https://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/be-ready-emergency-preparedness-and-recovery/make-an-emergency-plan>

<https://www.getprepared.gc.ca/cnt/rsrscs/pblctns/yprprdnssgd/index-en.aspx>

## SOCIAL-EMOTIONAL WELL-BEING

Wondering how to support your children's well-being over the break? Here is some information provided to us by Heart Mind in School, a group we have partnered with for the past two years to help us address Social-Emotional health.

From the Kelty Mental Health Resource Centre, a Healthy Living Pinwheel that students can do with their parents (or on their own) to develop goals about their wellbeing.

English version:

[https://keltymentalhealth.ca/sites/default/files/resources/HealthyLiving\\_Pinwheel.pdf](https://keltymentalhealth.ca/sites/default/files/resources/HealthyLiving_Pinwheel.pdf)

Simplified Chinese version:

<https://keltymentalhealth.ca/sites/default/files/resource/kelty-m1-pinwheel-sch-web.pdf>

For ideas about how to support positive wellbeing with and for your children:

- <https://heartmindonline.org/resources/be-calm-to-change-the-world>
- <https://heartmindonline.org/resources/how-to-breathe-mindfully>
- <https://surreyschoolsone.ca/parents/social-emotional-learning/>



Feel like a challenge? Take part in the Calmathon in December:

<https://mailchi.mp/32e08edfd7a2/heart-mind-challenge-winter-2020-calmathon>

## GR. 5 MIDDLE YEARS DEVELOPMENT INSTRUMENT (MDI)

The Richmond School District has partnered with the Human Early Learning Partnership (HELP) at the University of British Columbia to measure and promote children's social and emotional development, health, well-being, and assets through the Middle Year Development Instrument (MDI). The Middle Years Development Instrument (MDI) is a self-report questionnaire that asks children in middle childhood about their thoughts, feelings and experiences. The MDI is the first survey of its kind to gather information about the lives of children both in school, in the home and in the community, from their own perspective. The survey questions align with the BC Ministry of Education's K-12 curriculum, which includes a focus on promoting children's personal and social competencies.

Grade 5 students are invited to complete the MDI during class time between:

**January 11<sup>th</sup> and March 5<sup>th</sup>, 2021.**

For more information and to view the questionnaires:

<http://earlylearning.ubc.ca/mdi/>

Parent FAQs:

<http://earlylearning.ubc.ca/mdi/parent-guardian-resources/>

If you don't want your child to participate please contact your child's teacher, fill out the withdrawal form at the end of the parent/guardian informed passive consent letter, or contact the MDI project staff at [mdi@help.ubc.ca](mailto:mdi@help.ubc.ca).



HUMAN  
EARLY LEARNING  
PARTNERSHIP

