



**Spul'ukwuks Elementary School**  
5999 Blanshard Drive, Richmond, BC V7C 5V4

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**Mrs. Elaine Stapleton**  
Principal

**Mr. Kristi Narbett**  
Vice Principal

January 8, 2020

Happy New Year! We wish all our families the very best for 2021!



### **WELCOME**

We would like to welcome Ms. Aida Sepehr to our teaching staff at Spul'ukwuks. Ms. Sepehr will be teaching Div. 15 until the end of the school year while Mrs. Swain is on leave. We are lucky to have you join us!

### **TRANSITIONAL LEARNING**

You received a letter in December from the School District outlining the changes to Transitional Learning. The timeline for Transitional Learning has been extended to March 26th. At the same time, the number of check-ins provided to most students at home is being reduced, and new schedules will be coming into effect in the next few days. Your TL teacher will be sending home a new schedule. While TL has been extended, we hope that you will consider sending your child back to school, where we can provide in-person instruction. If you would like to have your child return to in-person learning, please contact the office and we will arrange a start date for them.

### **PANDEMIC PARENTING**

Attached to this newsletter is a flyer for a mental health series called "Pandemic Parenting". The purpose is to learn practical strategies to help children and teens cope with anxiety and stress and to strengthen child and family resilience. There is also an additional workshop about "Raising your Child in a Digital World". See attached for registration information.

### **INCLEMENT WEATHER**



It's that time of year when we begin to think about the possibility of snow and the effect it has on road conditions. The district will try to determine school closures due to **inclement weather** by 6:30 a.m. If snowfall begins while school are in session, in most circumstances, the schools will remain OPEN until the usual end of the school day.

No radio or television announcement will be made saying that schools are open. Only school closures will be announced by the media.

If schools are open, and you wish to keep your child home due to weather conditions, you may do so. Please call 604-303-5108 to report your child late or absent.

Parents/guardians are responsible for their child's safe travel to school. If possible, we encourage parents to walk their children to school in poor weather conditions.

To reach as many people as possible - as quickly as possible - we work closely with our **local media** to share information. Listen to local radio stations and follow local news outlets online to also get information about the impact of severe weather or emergencies in our schools.

#### Radio\* - AM

690 - CBC Radio One ([Listen](#))  
730 - AM 730 (CHMJ) ([Listen](#))  
980 - CKNW ([Listen](#))  
1130 - News1130 ([Listen](#))  
1320 - CHMB ([Listen](#))  
1470 - Fairchild ([Listen](#))  
1600 - Radio India ([Listen](#))

\*Please do not call the radio stations.

#### Twitter

Follow the School District on [Twitter](#) for the latest updates.



#### Radio\* - FM

88.1 - CBC Radio One ([Listen](#))  
103.5 - QM/FM ([Listen](#))

#### Television

CBC  
City TV  
CTV BC  
Fairchild TV  
Global TV

### THE MIDDLE YEARS DEVELOPMENT INSTRUMENT (MDI)

Information was emailed to Parents/Guardians of Gr. 5 students at the beginning of December. We have since learned that the MDI will only be administered to students currently attending in-person. **TL students do not need to complete the withdrawal form, as they will not be participating.** 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. Parents have until February 1st to withdraw their child from participating. 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).

### REGISTRATION AND TRANSFER APPLICATION INFORMATION

1. **2021/22 Registration (for new students only) is now open for Kindergarten – Grade 12** – All registrations are being submitted online, and completed by Central Registration staff over email and phone. Please go to <https://www.sd38.bc.ca/student-registration> for more information to link to the online registration application.
2. **District Program Options Application 2021/22** – Applications for EFI, LFI and Montessori are being accepted using a new online system. Parents must have their child's registration ID number (new students) or Pupil Number (current students) in order to apply at <https://dpoapplication.sd38.bc.ca> . The deadline for applications for 2021/22 is Friday, January 22, 2021. After this date, the online



application will close and parents who wish to submit a late application will need to email [programoptions@sd38.bc.ca](mailto:programoptions@sd38.bc.ca) to submit a PDF application.

3. **Priority 1 Registration deadline for 2021/22** is Friday, January 22, 2021. This is the deadline for our first round of registrations for next school year. All online registrations must be received by this date in order to be eligible for placement by Friday, February 5, 2021.
4. **Transfer Applications for 2021/22** will open on Monday, February 8, 2021. The application forms and information will be available in late January. More information to come.

**FOR THE PARENTS OF GR. 7 STUDENTS, FROM BURNETT SECONDARY SCHOOL**

*“You are invited to meet with J.N. Burnett Secondary counsellors and administrators for our Grade 7 Parent Info Session. Because of our current circumstances with COVID-19, we will be offering a Zoom webinar on January 28, 2021 at 7:00 PM. During this session, you will have an opportunity to hear from Burnett’s counsellors as they present course planning options and school life. At the end of the presentation, there will be an opportunity to chat and ask questions to the counsellors as well as the principal and vice principals. If you have any questions about accessing the webinar, please contact J.N. Burnett Secondary at 604-668-6478. We hope to see you there!”*

**Grade 7 Parent Information Evenings for 2020/21**

Hugh Boyd Secondary	February 4, 2021
JN Burnett Secondary	January 28, 2021
Cambie Secondary	January 19, 2021
MacNeill Secondary	January 19, 2021 or Feb.18, 2021
McMath Secondary	February 9, 2021
McRoberts Secondary	February 3, 2021
McNair Secondary	January 21, 2021
Palmer Secondary	January 21, 2021
Richmond Secondary	February 10, 2021
Steveston London Secondary	February 3, 2021



**\*Please check the secondary school websites for start time and Zoom links.**

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# PANDEMIC PARENTING

## A MENTAL HEALTH SERIES

Learn practical strategies to help your children and teens cope with anxiety and stress during this time of uncertainty.



Dr. Deborah MacNamara

**Dr. Deborah MacNamara**

**January 13, 2021 4:30pm - 6:00pm**

**Raising Your Child in a Digital World**

The digital world is here to stay, changing our society in a way that has far-reaching consequences for our children. How do we prepare them to live in this new world and yet preserve what is required for healthy development to take place?

We will consider the digital revolution through the lens of developmental science, committed to helping adults help children reach their full human potential.



Dr. Ashley Miller

**Dr. Ashley Miller**

**January 20, 2021 10:30am - 12:00pm**

**Pandemic Parenting: strengthening child and family resilience during COVID-19**

How has the pandemic changed parenting and family relationships? Many parents describe feeling exhausted, irritable and worried about how to make life manageable for their children and for themselves. Dr. Ashley Miller will share practical strategies for improving child and parent mental health and nurturing relationships, even during these most difficult times.



Dr. Gabriela Ionita

**Dr. Gabriela Ionita**

**January 27, 2021 10:30am - 12:00pm**

**Parenting strategies for supporting your teen: How to manage anxiety and stress during COVID-19**

This parenting workshop will provide you with practical strategies that you can use to support your teen and help them manage anxiety and stress. You will learn what anxiety is, how it impacts your teen, and practical coping skills to support your teen.

To register please visit [yourlibrary.ca/events](https://yourlibrary.ca/events) and reserve your spot today!  
You will receive a Zoom link to join the session.