



Spul'ukwuks Elementary School  
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Mrs. Elaine Stapleton  
Principal

Mr. Kristi Narbett  
Vice Principal

March 19, 2021

### TL STUDENTS RETURNING TO SCHOOL



If your child is currently doing Transitional Learning and wishes to return to school on Monday, May 3<sup>rd</sup>, please let the office know by Monday, March 29<sup>th</sup>. This will give the teachers time to set up for your child before we leave for Spring Break. If we receive your request after March 29<sup>th</sup>, your child will not be able to return on May 3<sup>rd</sup>.

Nothing replaces in-person learning, and we hope to see even more of our Transitional Learners back at school. We have been pleased to welcome back more and more students in recent weeks!

### GRADE 7 FAREWELL

Planning for the Gr. 7 Farewell will begin after we return from Spring Break. It is most likely that we will need to have a socially distanced event similar to last year, for the safety of students, parents and staff. We will send an email to Gr. 7 parents in May to see who is interested in helping.



### DID YOU KNOW?



Children aged 5-13 years require 9 to 11 hours of uninterrupted sleep per night, and those aged 14-17 need 8 to 10 hours per night, with consistent bed and wake-up times. While children don't always want to go to bed and would rather play, it is important that parents set a schedule so their kids get enough sleep on a daily basis.

Children who get enough sleep:

- are more creative
- can concentrate on tasks for longer
- have better problem-solving abilities
- are better able to make positive decisions
- are more able to learn and remember new things
- have more energy during the day
- can create and maintain good relations with others

<https://www.aboutkidshealth.ca/article?contentid=645&language=english>

### HAPPY ST. PATRICK'S DAY!

On March 17<sup>th</sup>, several leprechauns were spotted around the school! Thankfully, we were wearing green!

