



Spul'ukwuks Elementary School

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Mrs. Elaine Stapleton
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MORNING DROP-OFF THANK YOU

Thank you to all our parents who are helping out in the morning by following our drop-off guidelines! Even with the addition of many students returning in person after spring break, the mornings are going smoothly. Of course, the additional traffic means it is a bit slower at the front of the school than before, but other than that, it's going well.

RAINY DAYS

It seems that we have been spoiled with good weather, and many of our students forgot that it is necessary to be prepared for rainy days! We are outside for at least an hour a day, regardless of the weather, so having boots, a waterproof jacket with a hood and an umbrella will help outside time be more fun. A change of clothes is also helpful in case of puddles and slippery mud!



COINS FOR CHLOE FUNDRAISER



Our fundraiser has been in full swing this week, and thank you for supporting Chloe and BC Children's Hospital! The school has been divided into three wings that are competing against each other to raise the most money...join the battle against other wings and the fight against childhood illness. The updated bulletin board is at the front of the school in the mornings and outside Mrs. Myers' classroom (Door 9) after school, so you can check to see how your wing is doing. Mrs. Tilton has fixed [School Cash Online](#) so that you can now give more, so if you were wanting to increase your support, just log on to your account and you'll see the updated item.

Keep those coins coming! We miss you, Chloe!

DONATION OF HAND SANITIZER

Through a teacher at Burnett Secondary, Spul'ukwuks was fortunate to receive a donation of a bottle of hand sanitizer for every student attending in person! We are most grateful to Mr. Tommy Keomany of Thai United Food Trading, in Burnaby, for his generosity. Thank you for helping us to stay safe!



PARENTS AND PROBLEM SOLVING

What do you do if your child comes home and expresses that they are having a problem with another child? If it happens, you may find yourself wondering about the best way to address it. Keep in mind that conflict is not always a bad thing...with support, children can learn to solve problems in an appropriate manner, which is a necessary life skill, but knowing when to step in is also a challenge for parents. It's not easy being a parent, but keeping the following "helpful" and "not helpful" tips in mind could go a long way in helping your child.

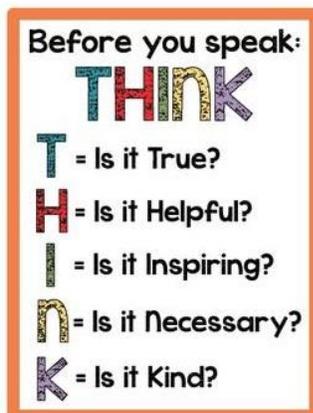


Helpful:

- Being open to hearing your child explain their concern to you
- Being curious; ask what happened before, during and after the incident
- Talking to your child about the "size of the problem"; minor concerns should be handled differently than large ones
- Remembering that most issues have two sides; you may not know everything there is to know
- Speaking to your child calmly about the problem, even if you are upset
- Asking what strategies your child has tried to use independently
- Discussing peaceful ways to address the issue
- Asking if your child has spoken to the teacher and encouraging them to report
- Making an appointment to speak privately to your child's teacher if necessary
- Time and space. What seems like a big problem today may not look the same tomorrow
- Treating others as you would want to be treated; both adults and kids make mistakes!

Not helpful:

- Speaking negatively about other children/parents to your child or other people
- Encouraging your child to respond with violence
- Gossiping or using social media to talk about other children or their parents
- Contacting the parents of the other student – if it happened at school, let the school sort it out. We'll keep you in the loop and work together.



This **THINK** poster can be useful when thinking about and discussing our actions. It's easy to justify behaviour when we think with our emotions, but if we ask ourselves these questions and can't answer "yes" to all of them, then a shift in our behaviour is required. It applies to both children and adults, so observe or think about a situation and consider how the situation might have turned out differently if people were able to answer "yes" to everything they said!