

# Spul'u'kwuks News

Newsletter #2

October 26, 2018

SPUL'U'KWUKS ELEMENTARY SCHOOL

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MR. JOHN KIBBLEWHITE  
PRINCIPAL

MS. NICHOLE KUSCH  
VICE PRINCIPAL

## From the Office

Dear Parents: We have had wonderful weather for the most part this month. But we are moving into cold and flu season. We are noticing some students are coming to school when they are sick and we often have to phone home. Here is information from the school nurse: Proper handwashing is the best way to prevent the spread of a virus. Remember to use warm water and soap and scrub your hands for at least 30 seconds. Some viruses are very contagious. If your child has been vomiting, please keep them at home for 48 hours after the symptoms have stopped. Drink plenty of liquids and contact your doctor if symptoms persist for more than a few days. Thank you to families who have been keeping their children home when they are sick. This helps to keep other students and staff members healthy during this cold and flu season. For more information, you can contact the Richmond Health Department at 604 233 3150.

It's very healthy for children to go outside and get fresh air. Please make sure that your child wears appropriate rain gear when needed and has spare socks and shoes for indoors.

## Tips for Staying Healthy During Cold and Flu Season

1

Get a good sleep: 8-10 hours every night.

2

Drink water, eat healthy snacks and get outside.

3

Wash your hands frequently.

## What I Learned About Life From Terry Fox:

*Student Reflections*

"Keep trying to reach your goals"  
- Carol

"Even if you think you can't do it, persevere and try harder."  
- Nihali

"Never give up."  
- Chris

"Try to achieve your goals."  
- Jay

"Determination and empathy."  
- Terence

"If you really put your mind to something you can achieve it."  
- Taia

"Even if something bad happens you can still help other people."  
- Margaret

"You only have one life so make the most of it."  
- Ethan S.

## Terry Fox Fundraising

Thank you for supporting our Terry Fox fundraising campaign. We raised over \$2000 for the Terry Fox Foundation. All money raised goes to cancer research.



Ms. Myers getting a trim

## Run Club

Ms. Long and Mr. Kibblewhite sponsored a run which met Tuesdays and Thursdays mornings before school. With the lovely weather we had the students enjoyed some dry runs.



Spul'u'kwuks Run Club

## Hallowe'en

Hallowe'en is always a time for fun and costumes. We encourage students to dress up and get in the spirit. Remember to keep costumes appropriate for school. That means they should not be too scary. Pretend weapons and face masks are NOT permitted at school. We are having a Pumpkin Run Friday, Oct. 26 at 2pm and an assembly Oct.31 at 2pm.

## Pro-D Day, October 19

Many of our staff attended workshops last Friday on various topics. Mr. Kibblewhite and Mrs. Kusch were at a session for district administrators with Dr. Debroah McNamara who we had invited to speak to parents last fall. Other workshops staff attended were on: math, reading, writing, coding, Down's Syndrome and many others. As educators, we are constantly learning and upgrading our skills, practice and understanding. We try and model the idea of life-long learning which we want for our students too.

## Video Games and On-Line Parent Resources

Have you ever wondered if the video game your child is playing is appropriate? Here are two good websites that can help:

<http://mediasmarts.ca/parents> and <https://www.commonsemmedia.org>



If your child will be home from school, please remember to call: our *Safe Arrival Voice Mail* (604-303-5108) to record your message. Please leave your child's name, division or teacher's name and the reason for absence.



## PAC Corner

SPAC would like to thank for the following parents who have completed FoodSafe training and saved our cost: Jing Li, Queency, and Lina.

SPAC highly appreciates our daily volunteers who contribute their time to keep our students safe.

Safe Arrival: Tina, Viann, Sammi, Ellane, Faiza, Laleh, Rebecca, Beryl, and Jen.

Traffic Safety: Dennis, Jasmine, Peter, Monica, Nina, Yang, Andrew, Edith, Vivian, Maggie, Queency, Amy, Yiran, and Marco.

Kindly note that parents are only allowed to pull over in the drop-off zones. **Do not leave your car or block the traffic.** The volunteers will guide you to the furthest drop-off zone closest to the exit. Please follow our volunteer parent's instructions and show your kindness and respect to them when they are helping you.



The PAC is holding a Book Fair in the school gym this Friday, Oct. 26 from 3 – 6 p.m. and Saturday, Oct. 27 from 10 a.m. – 4 p.m. All proceeds will go to the school library. If you are able to volunteer your help at the Book Fair, please sign up at the following link:

<https://www.signupgenius.com/go/70A094CA5A722A4FF2-book>

The next PAC Meeting is Thursday, November 15<sup>th</sup> at 6:30 p.m. Please join us!

## Upcoming Events

October 26	Gr. 6 Immunizations Pumpkin Run, 2pm
October 30	DreamRider Presentation 11am
October 31	Hallowe'en Assembly, 2pm – Thank you to Shafik Ladha for the pumpkins!
November 2	Pro-D - No School
November 9	Remembrance Day Assembly 10am
November 12	Remembrance Day Holiday – No School
November 16	K Dental, Vision, Hearing screening Movie Night 6pm
November 19	Sleeping Beauty Dufflebag Theatre
November 23	Pro-D - No School
November 27	Saleema Noon talk for parents 6:30-8pm
November 28	Saleema Noon in class talks
December 4	Report Cards Home
December 5	Santa Breakfast
December 7	Last Day of Term 1

# Adult Conversation Circle 成人交□小□



Canadian Culture  
Life  
Work

Community Events  
Activities  
Education

**Learn about Canadian Culture/schools/community 认识加拿大文化/学校/社区**  
**Make friends 交朋友**  
**Practice English 练习英语**  
**Share experiences 分享经验**

Date 日期: Thursdays, Sept. 27 – Dec. 13, 2018  
2018年9月27日至12月13日 (星期四)

Time 时间: 9:15 – 11:30 AM 上午

Languages 语言: English and Chinese (英语/国语/广东话)

Location 地点: Thompson Community Centre (5151 Granville Avenue, Richmond)

Facilitator 主持人: SWIS Worker, Richmond School District  
列治文教育局学校安顿服务辅导员

Fee: Free  
费用: 全免

Registration 报名: In person 亲自到社区中心报名  
By phone 电话报名 604-276-4300  
Online 网上报名 [www.richmond.ca/register](http://www.richmond.ca/register)



Settlement Workers in Schools

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