

SPUL'U'KWUKS NEWS

We acknowledge and thank the First Peoples of the **hən̓ q̓ əm̓n̓ əm̓** (hun-ki-meen-um) language group on whose traditional and unceded territories we teach, learn and live.



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Dates for Your Calendar

- **July 03: Deadline for Class Placement forms (Information in June 12 Newsletter)**
- July 15: Universal Hot Lunch
- July 17: School Assembly AM
- July 20: Report Cards released online
- July 23: Gr. 7 Farewell Assembly and Lunch
- July 23: School Assembly PM
- July 23: Last Day for Students
- July 24: Administrative Day for Staff

If your child is going to be absent or late, we ask that you use the Early Warning Line (604-303-5108) to let us know. You may also email the school at spulukwuks@sd38.bc.ca.



Sports Day 2026

Thank you to our Sports Day Committee for planning this year's day of fun! We tried a new format with classes staying with their teachers and rotating through the events as a class. Staff enjoyed the day and students were engaged with the stations. Our Gr. 7 students showed terrific leadership and their thoughtful planning of stations was evident. It was wonderful to see bikes and scooters decorated this year...They looked great! Thank you to our PAC for acknowledging staff and parents/guardians with coffee and goodies :)

Lost and Found

Even though we tried to give back items on Sports Day, there is still a full bin of items purchased by you and lost by your children! We would like to reunite families with these items! Next week, we will have the tables outside the front door and hope that you can come by and have a look. Any items not claimed by Wednesday, July 22nd will be donated to a local charity.

Mosquitoes

We have seen a significant increase in mosquitoes this week. Please consider sending your child with light-coloured clothing, long sleeves and pants if they are not too warm, and using a repellent of some kind to avoid bites.

Children and Technology

Families frequently ask us for advice on children and technology use. Over the break, consider implementing a Family Media Plan. When created together, it can help to reduce the challenges that often arise at home with devices. If you are interested in learning more, check out this website for ideas:

<https://www.healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx>

Also see the next page for some interesting information from the Canadian Paediatric Society - Centre for Healthy Screen Use. The "Signs of Trouble" section is particularly useful in helping families understand if screen use is negatively impacting their children.

We hope you find these resources helpful!



Setting screen-use limits for school-aged children and teens

School-aged children and teens are still developing. In some situations, they may find it hard to control their impulses, regulate their emotions, or assess and make decisions based on risks and consequences. They need you to set limits and provide support to ensure they make healthy choices online.

How parents can help set limits on screen use

MANAGE screen use through plans, rules, and limits.

- Create a Family Media Plan to guide media use at home.
- Be present and engaged when screens are used. Whenever possible, watch together and talk about the content.
- Discourage media multitasking—using/watching more than one screen—especially when doing homework.
- Learn about parental controls and privacy settings.
- Have your child or teen share their passwords and login information with you.
- Talk about acceptable and unacceptable online behaviour.

Encourage **MEANINGFUL** screen use, so that it serves a purpose.

- Put daily routines and important activities ahead of screen time.
- Help children and teens choose appropriate content and encourage programs and activities that have learning goals.
- Be a part of your children's media lives. For example, play video games with them and ask about their experiences online.
- Ask your child's school or childcare provider about how screens are used throughout the day.

MODEL healthy screen use, because children are watching you.

- Review your own media habits and consider where you might need to make changes.
- Never text or use headphones/earbuds while driving, walking, jogging or biking. These are activities where you need to hear what is going on around you to be safe.
- Encourage daily "screen-free" times, especially during meals and family time.
- Turn screens off when not in use, including background TV.
- Avoid screens at least 1 hour before bedtime and keep devices out of bedrooms.

Signs of trouble

Talk to your child's doctor if these signs persist, or interfere with family life:

Complaints about being bored or unhappy without access to technology.

Oppositional behaviour or conflict when you set limits on screen time.

Screen use interferes with sleep, school or face-to-face interactions.

Screen use interferes with in-person/offline play, physical activities or socializing.

Negative emotions after interacting online, playing video games or while texting.

Parents can encourage responsible media use by paying attention, getting involved, and modelling positive media habits.



**Centre for Healthy
Screen Use**

AT THE CANADIAN PAEDIATRIC SOCIETY



Canadian
Paediatric
Society

healthyscreenuse.cps.ca

05/2025

Important Information!

**The first day of school in September is
Tuesday, September 8th.**

Please remember that the expectations regarding extended absences are different at the beginning of the school year. While the district generally considers extended absences of 20 consecutive school days or less acceptable, students **must** be in attendance at the beginning of September.

If you have an emergency, or have an extenuating reason why your child will not be able to be in attendance LATER THAN 12:00 pm Wednesday, Sep. 9, 2026, **AND ON** or **BEFORE** Sep. 11, 2026, you must complete the Notice of Late Return, which can be found on our website. **Late return is not used to extend summer holidays.**

If your child is not returning on or before September 11, 2026, we cannot reserve a spot guaranteeing the ability to be enrolled in the school. There may be a need for placement at another school upon the student's late return.