



Spul'ukwuks Elementary School  
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Mrs. Elaine Stapleton  
Principal

Mr. Kristi Narbett  
Vice Principal

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### PAC HOT LUNCH RETURNS IN MARCH

The School District has given the go ahead for schools to resume PAC lunch programs. There will be two dates before spring break, March 7<sup>th</sup> and March 21<sup>st</sup>. After spring break, hot lunch will be offered weekly.



### ZOOM SESSION WITH MRS. STAPLETON



We had a good turnout for our session on the difference between “bullying” and “conflict”. Thank you to those parents who were able to join us. Our plan is to continue these discussions to connect with our parent community and share information about topics of interest to parents. There will be another session before Spring Break, so watch your inbox for the next topic and invitation. All parents are welcome, even if you can't stay for the whole session!

### CONTINUING EDUCATION

Attached to this newsletter is information for both adults and children about a variety of learning opportunities available in the district, from cryptocurrencies, Mandarin language studies, online courses, and more!

### CONVERSATIONS ABOUT DIVERSITY AND DISCRIMINATION

Have you talked to your children about diversity and discrimination? It can be an uncomfortable topic to address with your children and is easy to avoid if you aren't sure where to start. This link will take you to a short article that explains why it is important to talk to children at an early age about race and discrimination.

<https://www.apa.org/topics/racism-bias-discrimination/kids>

### BLACK HISTORY MONTH



As mentioned in a previous newsletter, February is Black History Month. We have been sharing the important contributions of Black Canadians through our morning announcements. If you would like to explore more about Black History Month, CBC Kids has a lot of information and learning opportunities:

<https://www.cbc.ca/kidscbc2/the-feed/all-about-black-history-month>

### UPCOMING DATES

March 7	PAC Hot Lunch
March 17	PAC Meeting 9:30am
March 21	PAC Hot Lunch
March 25	Report Cards sent home electronically <u>OR</u>
March 28	Report Cards sent home electronically
April 1	Last day of school before Spring Break
May 2	School reopens