



Spul'ukwuks Elementary School  
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**RICHMOND**  
SCHOOL DISTRICT NO. 38

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Mrs. Elaine Stapleton  
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### A NEW LOOK FOR OUR FOYER!



On your next visit, you may notice that our main entrance has changed! A group of staff members has worked to make the area more inviting and to celebrate a variety of events, seasons, and happenings in our school. This display recognizes Lunar New Year, which is on January 22<sup>nd</sup>. As part of the display, students are invited to draw a rabbit or add some “luck” to our tree.

### BUYING/SELLING/TRADING OF ITEMS AT SCHOOL

We have recently had some instances where students have been bringing items from home to school and buying, selling, and/or trading items with other students. Often, parents are not aware of the deals and often become upset when they learn what has happened, especially when it is perceived to be unfair. We recommend that valuable and precious items stay at home, as we cannot be responsible for them and that students do not bring money to school, unless for a special event. Staff have spoken with their students to let them know that we do not want this practice to happen at school. We also ask that students not bring “friendship gifts” to give to other students. These kinds of things should happen outside of school with the permission of and under the supervision of parents. Please check with your child’s teacher if you have any questions. Thank you for your support!



### INTENT TO ATTEND

**ACTION REQUIRED**

Yesterday you received an email from the office with an “Intent to Attend Form” attached. It is very important that these forms are returned as they provide the basis for our staffing for next year. We are asking for you to return the form to us by email (or on paper to the office if you request a paper copy) by next Friday, January 20<sup>th</sup>. Thank you!

### SOGI CLUB



Intermediate students at Spul'ukwuks who are interested in advocating for diversity, inclusion, and respect meet weekly to talk about how they can make the school inclusive and safe for all people. Working towards this purpose, their next project is to highlight what it means to have an inclusive environment for all students. Classroom teachers will familiarize students with the term “inclusive”, and club members will ask students (on a voluntary basis) outside at break times what inclusive means to them. We will give you some examples of what our students think in a future newsletter.

## GR. 7 FAREWELL PARENT COMMITTEE MEETING

All Gr. 7 parents are invited to a virtual meeting on Monday, January 23rd from 4:30 - 5:15 to be part of the planning committee for this year's Gr. 7 Farewell. Parents are an important part of the Farewell, and we appreciate you volunteering your time on behalf of the students. Please watch your email for the Zoom meeting invitation. At the meeting we will share information about the Farewell, discuss the budget, and organize groups of parent volunteers.



Our next **SPIRIT DAY** is Friday, January 20th! The students of Division 6 are our Spirit Day leaders and have chosen Hat Day as our theme! Hats can be typical or crazy...Be creative! Parents, feel free to participate when you drop off or pick up your kids!



# Join the ParticipACTION Move for your Mood Challenge January 16–31!

Calling all families, friends and fellow community members! It's time to get moving to help reduce stress and promote happier feelings. Physical activity literally boosts your mood! Any movement like a walk, bike ride, jumping jacks or a swim will provide some mood-boosting effects.

Join the Move for your Mood challenge, when getting active not only makes you feel better, you might just win prizes too!

It's easy to join, simply download the free ParticipACTION app through the Apple App Store or Google Play Store. Sign up with your Richmond postal code and log your activity January 16–31.

Learn more

[www.participACTION.com/programs/move-for-your-mood](http://www.participACTION.com/programs/move-for-your-mood)



## RESOURCES TO SUPPORT FAMILIES DURING RESPIRATORY SEASON

You have likely heard about an increase in respiratory illness and a shortage of medication in Canada. Vancouver Coastal Health has put together some helpful information about preventing and treating respiratory illnesses, which we have shared below. We have also attached their recommendations as to how to prevent the spread of illness

### Preventative measures

Vaccinations remains the best defence against both influenza and COVID-19. [Beyond vaccinations](#), there are basic things we can all do to help prevent the spread of respiratory illness:

- Stay at home if you feel unwell and try to avoid spending time with people at higher risk of serious illness.
- Practice respiratory etiquette: Wear a mask in crowded, public spaces, and cough and sneeze into your elbow.
- Clean your hands regularly.
- Avoid touching your face, especially your eyes, mouth and nose.
- For more information, visit [BC Centre for Disease Control](#) or the [Provincial Infection Control Network of British Columbia](#).



### Resources and links for families during respiratory illness season

Community and hospital pharmacies all over Canada continue to work with manufacturers, distributors, federal, provincial and territorial governments to address the current Acetaminophen and Ibuprofen supply challenges.

This medication shortage can be distressing for many. Here are a few resources to support conversations with patients, clients and families:

- [Children's Medication Shortage \(pharmacists.ca\)](#): Guidance for families on when and how to use these products, and when to speak with a health-care professional for advice.
- [Acetaminophen and ibuprofen dosing charts \(BC Children's Hospital\)](#): Information for families who do not have infant or children's acetaminophen or ibuprofen, you can give your child part of an adult dose.
- [Short guide to the wise use of antibiotics](#): Information for patients and families about the use of antibiotics.
- [Information for parents seeking medical care for children \(ChildHealthBC.ca\)](#): This resource can help families assess and decide if their child needs medical care. Translations available in [Arabic](#), [Punjabi](#) and [Simplified Chinese](#).
- [When to bring your child to the Emergency Department \(BC Children's Hospital\)](#): Additional examples to help families decide if their child needs emergency care.
- [8-1-1 HealthLink BC](#): Families can speak to a registered nurse any time, every day of the year.
- [Fever or chills, age 11 or younger \(HealthLinkBC.ca\)](#): Details about taking temperature, causes of fever, treatment, prevention, etc.
- [Fever or Chills, age 12 and older \(HealthLinkBC.ca\)](#): Details about taking temperature, causes of fever, treatment, prevention, etc. for children ages 12 and older.

## UPCOMING DATES FOR YOUR CALENDAR

Jan. 19	PAC Meeting
Jan. 20	Spirit Day
Jan. 22	Lunar New Year (Year of the Rabbit)
Jan. 30	Pro-D Day – No school for students

