



Spul'ukwuks Elementary School
5999 Blanshard Drive, Richmond, BC V7C 5V4

RICHMOND
SCHOOL DISTRICT NO. 38

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Mrs. Elaine Stapleton
Principal

Mr. Kristi Narbett
Vice Principal

January 20, 2023

HAPPY LUNAR NEW YEAR!

We wish all our families that are celebrating, a Happy Lunar New Year! Thank you to our PAC for providing all students with a red pocket with chocolates and a paper lantern to take home! Our tree at the front has been filling up with rabbits and luck. Mrs. Luick's class is celebrating the Year of the Rabbit with their own paper lanterns.



DON'T FORGET! INTENT TO ATTEND FORM

The Intent to Attend form that was emailed to parents last week are due to the office by email or on paper today. If you have not completed your form (one per family) please fill out the attached form and return (by email or paper) as soon as possible. Thank you!

STUDENTS LEAVING THE SCHOOL AT LUNCH

Please be aware that we do not permit students to leave the school at lunch unless they are in the custody of their parents. If parents wish to take their children out for lunch, they may pick their kids up, however, our students are not to be leaving on their own to walk to the stores during the school day. We know our older students are close to attending high school where they will have greater independence, but at elementary school it is not an accepted practice. Please send a lunch to school with your child or drop one off.

KEEP A CHANGE OF CLOTHES AT SCHOOL

We have been making a lot of phone calls home recently asking parents to bring a change of clothes to school. We ask that you send a full change of clothes to leave at school, so we don't need to call you during the day. The ground is quite soggy these days, and children and water seem to be drawn to each other!



STUDENT AND FAMILY AFFORDABILITY FUND

This is a reminder that there is financial support available for students and families in need. Support is in the areas of Food Security, Family Assistance (off-setting school costs such as supplies and field trips), and Clothing and Footwear (as required for school activities). Should your family be in need, please reach out to Mrs. Stapleton or Mr. Narbett. Your requests will be treated with dignity and your privacy respected.

FROM OUR PUBLIC HEALTH NURSE...

Social and emotional health is the foundation of good mental health. We know that people of all ages can struggle with mental health challenges. In Richmond, middle years research shows that there is an increase in mental illness in our children. We know that what matters is: caring adults, happiness, sleep, nutrition, friendship & after school activities in their lives.

Bell Let's Talk Mental Health Day is on Jan 25th. We need to ask ourselves what can we do? Check out the Bell Let's Talk website, for some great action ideas/ resources.

<https://letstalk.bell.ca/>



Looking for ideas on how to foster social emotional health in your child? Check out the Heart-Mind online resources.

<https://heartmindonline.org/>

LIBRARY PROGRESS!

Work continues in our library, but the new back wall now has bookshelves full of our favourite books!



UPCOMING DATES FOR YOUR CALENDAR

- January 22 Lunar New Year
- January 23 Gr. 7 Farewell Parent Meeting (4:30-5:15pm)
- January 25 Burnett's Gr.7 Parent Meeting (7pm)
- January 30 Pro-D Day (no school for students)

HAT DAY FUN!



Our next Spirit Day is Friday, February 24th. Stay tuned for more information!