



Mrs. Elaine Stapleton  
Principal

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

Website: <http://spulukwuks.sd38.bc.ca/>  
Twitter: @spuleagles

**RICHMOND**  
SCHOOL DISTRICT NO. 38

Tel: (604) 303-5100  
Fax: (604) 303-5106

Mr. Kristi Narbett  
Vice Principal

February 3, 2023



**INTENT TO ATTEND FORM**

We are still missing a few "Intent to Attend" forms that were emailed to parents. If you have not completed your form (one per family), please do so as soon as possible. You may return the form electronically or request a paper copy from the office. We need this information to begin the staffing process for next school year.

**GRADE 6/7 BASKETBALL IS UNDERWAY!**

Thank you to our coaches, who are dedicating their time to giving our students the opportunity to play basketball, and to our parents, who are helping with driving to away games...It's a team effort! Our students have been busy attending practices and enjoying the chance to play other schools.

Girls 6/7: Ms. Rakhra, Mrs. Magnan, Ms. Ingham

Boys 6/7: Mr. West, Mrs. Hyrman



**FROM OUR PUBLIC HEALTH NURSE...**

Eating Disorder Awareness Week is February 1st to 7<sup>th</sup>

We can all work to prevent eating disorders. As parents, you are the main source of information for shaping your child's attitudes. By modelling healthy behaviours and attitudes, you can help your child evaluate the messages they get outside of the home. Helping your child develop these skills early can help them grow up confident and resilient.

This pamphlet from Jessie's Legacy has some positive ways to promote a healthy body image in your child:

<https://jessieslegacy.com/wp-content/uploads/2018/05/Raising-kids-with-a-healthy-body-image-WEB-FINAL.pdf>



**UPCOMING DATES FOR YOUR CALENDAR**

February 15 Early Dismissal (1:45pm)  
February 16 PAC Meeting 9:30am  
Early Dismissal (1:45pm)  
February 17 Pro-D Day (no school for students)  
February 20 Family Day Holiday (School Closed)  
February 22 Pink Day  
February 23 Spirit Day

Please remember to keep kids at home if they are sick to help prevent the spread of illness!

**RICHMOND SCHOOL DISTRICT NO. 38**  
**EQUITY, DIVERSITY & INCLUSION CALENDAR 2022 - 2023**

**RICHMOND**  
SCHOOL DISTRICT NO. 38

	Equity, Diversity & Inclusion Days	Buddhism	Christianity	Hinduism	Islam	Judaism	Sikhism
<b>FEBRUARY</b>	1 Black History Month 20 World Hijab Day 22 Family Day Pink Shirt Day	15 Nirvana Day	22 Ash Wednesday	16 Maha Shivaratri			
S M T W T F S							
1 2 3 4							
5 6 7 8 9 10 11							
12 13 14 15 16 17 18							
19 20 21 22 23 24 25							
26 27 28							