



Spul'ukwuks Elementary School
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RICHMOND
SCHOOL DISTRICT NO. 38

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Mrs. Elaine Stapleton
Principal

Mr. Kristi Narbett
Vice Principal

March 24, 2023



BAND CONCERT FOR PARENTS

Next Wednesday, March 29th is a band concert for parents of students in Div. 1, 2, 3, and 4. This week staff and students were treated to the performance, and you won't want to miss it...It was excellent! Come and hear your child's hard work this year pay off! You may come in at 1:30, and the concert begins at 1:45. There will be lots of seating, so you won't need to worry about finding a spot to sit.

TRACK AND FIELD

In-school track and field has started for Intermediate students. Twice a week (weather permitting), students can experience different events that will be at the Minoru track meet. When we return from break, students who are interested in participating in the Minoru meet can attend practices for specific events. Once we have been given a date for our meet (sometime in May), teams will be put together and more information will be sent home with students who will be attending.



SPUL'U'KWUKS SPIRIT WEAR

This is your last reminder to order Spul'ukwuks t-shirts and hoodies! Orders can be made [online](#) until next Friday, March 31st. Orders are expected to arrive at the school shortly after spring break and we will send your order home with your child.

PAC MOVIE NIGHTS

PAC Movie Nights are returning! Save Thursday, May 18th and Friday, June 23rd on your calendars. More information to come after Spring Break with times, tickets, food, and movie titles. We hope you can join the fun!



TRAFFIC SAFETY

Please remember to drive safely around the school! This includes following speed limits, observing stop signs and crosswalks, and parking according to street signage. We do not want any member of our community injured in a preventable situation. This is a good time of year to get out of vehicles and walk to school...It's faster and less frustrating than being caught in a traffic jam!

WORLD WATER DAY

This week, World Water Day was on Wednesday, March 22nd. Thank you to Mrs. Myers for the display in our front entrance, drawing our attention to the **2.2 billion (!) people in the world who do not have a safe supply of water**. Students were able to send a raindrop to the Prime Minister to ask that ALL Canadians have clean water. We also learned about the garbage that pollutes our water supply...starting with a clean tank, Divisions 7 and 16 collected garbage from the grounds of our school and put it in the clean water to show us the result.



It doesn't look good, and it certainly doesn't look safe to drink! We were asked to reflect on how our actions impact the living things that share our land, air, and water, and how we can show care to our place. We have learned our community needs to take better care of our school grounds! One way we can all help is to make sure our garbage ends up in the available garbage cans.

FROM OUR PUBLIC HEALTH NURSE



This year's theme for April's Oral Health Month is, "Oral Health for Total Health" - Taking care of our mouth, teeth and gums positively impacts on other aspects of our lives.

A healthy mouth allows you to speak, smile, smell, taste, touch, chew, swallow and convey a range of emotions with confidence and without pain, discomfort, and disease. Tooth decay interferes with playing, eating, sleeping, and children's ability to concentrate, learn and perform at school. A healthy mouth may also help in the prevention of other health conditions in the future, such as heart and respiratory diseases, cancer, and diabetes. Remember, baby teeth are important, and children need help brushing their teeth until they are 8 years old.

Parents play an important role in establishing and encouraging good oral health in their children:

- https://files.cdha.ca/OralCare/DHC_7-12_resource.pdf
- [Keeping school-aged children's teeth healthy](#)
 - o <https://www.cdha.ca/cdha/News-Events folder/National Dental Hygienist Week/Feature Articles/CDHA/News-Events folder/NDHW/Feature Articles folder/2023/Kids love their teeth.aspx>

Dental coverage/support is available for families of low-income and or do not have private dental insurance: The BC Healthy Kids Program- for children of families receiving MSP Supplementary Benefit:

- <https://www2.gov.bc.ca/assets/gov/british-columbians-our-governments/organizational-structure/ministries-organizations/social-development-poverty-reduction/healthy-kids.pdf>

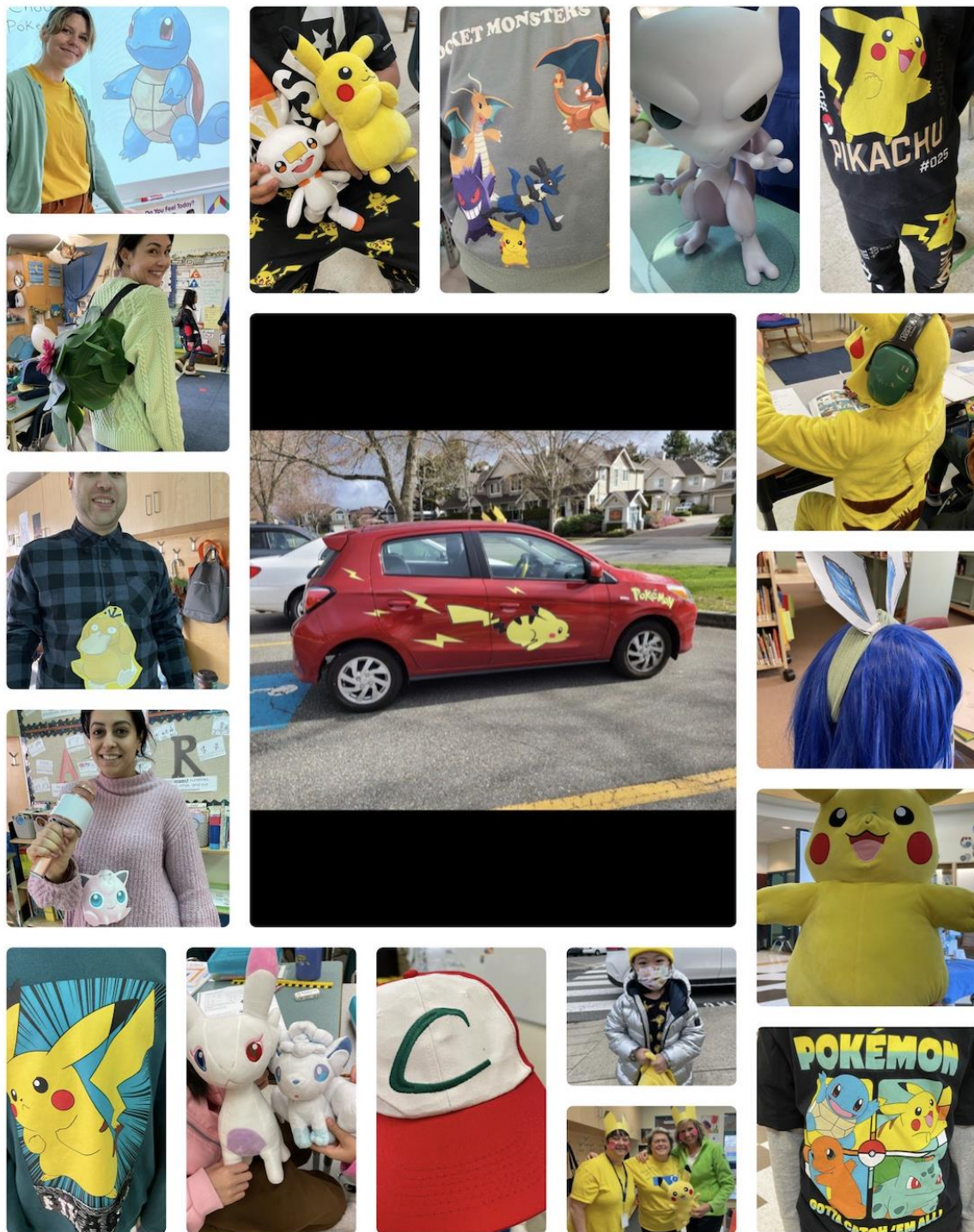
New Federal Canadian Dental Program for children 12 years old and under:

- https://www.dentalhygienecanada.ca/DHCanada/DHCanada/Information/Canada_Dental_Benefit.aspx

UBC Free Dental Program (For children under 12, who do not have dental insurance)

- Contact Richmond Public Health Dental Program 604 233.3104 for more info

Pokémon Spirit Day!



UPCOMING DATES FOR YOUR CALENDAR

- March 27 Written Learning Update: Report Cards home
- March 29 Band Concert for Parents of Band Students (Div. 1-4) at 1:45pm
- March 31 Last day of school before Spring Break
- May 1 First day back after Spring Break

DON'T FORGET TO SUBMIT YOUR PAC HOT LUNCH ORDERS ON [MUNCH-A-LUNCH!](#)