

SPUL'U'KWUKS NEWS

We acknowledge and thank the First Peoples of the **hən'q'əmiŋ'əmə** (hun-ki-meen-um) language group on whose traditional and unceded territories we teach, learn and live.

Intent to Return Forms

Thank you to those who have already returned the Intent to Return Forms. The due date is today, so if you haven't yet sent in your form, please do so ASAP. The form is attached to this newsletter. You may also get a paper copy from the office if you do not want to return it electronically.

Crafting Lunar New Year Decorations

Tomorrow, January 18, the Chinese Storytelling Centre is hosting a crafting session to repurpose red envelopes to create Lunar New Year decorations. The session is free for youth 17 and under. Find the registration link here:

<https://www.chinatownstorytellingcentre.org/events/#upcoming>



Cellphones: What's Healthy, What's Not, and What We Can Do to Support Our Kids

Parent Education Session | January 21, 2025

Cellphones: What's Healthy, What's Not, and What We Can Do to Support Our Kids

Presented by Hannah Beach
January 21, 2025 | 6:30 – 8 p.m.

Many of our kids are anxious and glued to their phones, seeking endless distraction and feeling isolated and disconnected. Aggressive outbursts have become common and yet others seem to have stopped talking all together. As parents and caregivers, we are increasingly alarmed. We entice, cajole, bribe, encourage, shout, but nothing seems to work long term.

Join Hannah for a warm and conversational workshop exploring practical strategies we can use to help our children and youth when it comes to managing devices. This conversation has never been more important as we look at how we can support our children and youth to grow, learn, develop, and reach their fullest potential. Closed captioning in multiple languages will be available for participants.

[Click here to register](#)

Dancers of Damelahamid

We were fortunate to be one of a few schools to receive a presentation by the Dancers of Damelahamid!

The Dancers of Damelahamid is an intergenerational Indigenous dance company, with dancers of all ages, from infants to elders. Their performance, *In Abundance*, shares stories, songs, and dances that celebrates the richness of Gitksan and Cree culture. Gitksan means 'people of the river of mist'. The dance company is named after a city called Damelahamid, where the Gitksan nation originates from.

A central theme is based on the salmon cycle and conveys important cultural teachings on balance, community, and sustainability. The salmon symbolize abundance and are a key reminder of the importance to value and protect this essential resource. Another key teaching of *In Abundance* is that when we take only what we need there is plenty for all, including the salmon needed to spawn for the next year's cycle. These teachings are demonstrated through various stories and masked dances.

It was mesmerizing to feel like we were deep in the ocean, watching the orcas swimming above us!






Dates for your Calendar

- Jan 22: Gr. 5 Skiing
- Jan 24: Spirit Day - Student/Teacher Swap Day: Students dress like teachers and teachers dress like students!
- Jan 27: ProD - No school for students
- Jan 28: Gr. 7 Farewell Parent Meeting
- Jan. 31: Performance - Dufflebag Theatre's Three Musketeers 9am

If your Gr. 6/7 child participates on one of our basketball teams, please refer to the schedule for game days and location. Thank you in advance for helping drive students to and from their games!

“Learn to be Green Together” Family Challenge!

Students are encouraged to participate in **Family Literacy Day** by completing 5 activities at home by Feb. 3, 2025. The highest number of completed challenges per class will win a party with Ms. Chura/Mrs. Chan. Remember that the challenge is done as an honour system. Go outside and have fun!! Good luck!

	<p>1. Visit the local public library and check out some books to read. Name of library: _____</p>	<p>2. Visit a local park in Richmond. Name of park: _____</p>
	<p>Date of visit: _____</p>	<p>Date of visit: _____</p>
<p>3. Go on a walk with your family Where did you walk? _____</p>	<p>4. Make a craft from recycled materials with your family. What did you make? _____</p>	<p>5. Go SCREEN FREE for the whole day. • Screens are allowed for educational purposes. i.e. in school, piano lessons, other lessons.</p>
<p>Date of walk: _____</p>	<p>Date of making craft: _____</p>	<p>SCREEN FREE date: _____</p>
		<p>Was it hard to not use screens? Y or N</p>