

SPUL'U'KWUKS NEWS

We acknowledge and thank the First Peoples of the **hən̓ q̓ əmih̓ əm̓** (hun-ki-meen-um) language group on whose traditional and unceded territories we teach, learn and live.

Winter Weather

We continue to be in the middle of a cold snap, with the possibility of more snow on the way.

Please ensure that your children come to school with the proper clothing and footwear. Many items can be purchased at the dollar store and will go a long way in keeping your child comfortable and warm.

We always recommend that a full change of clothes be kept at school so we don't need to call home if clothing gets wet or dirty.

Always keep in mind that an emergency can happen at any time, and we may need to evacuate the building and be outside for a long time. Shorts and a hoodie will not keep your child warm!

Also remember that car windows and lights need to be clear of snow. For additional winter driving tips, see: <https://roadsafetyatwork.ca/winter-driving-safety/for-drivers-2/>



Parent Education Session

We encourage all Spul'u'kwuks parents, guardians, and caregivers to attend this important VIRTUAL session!

Our staff is discussing ways to support our students and having our families participate and work with us would be amazing!

Closed captioning in multiple languages will be available for participants!

Make space in your calendar and encourage your friends to join as well. Having someone to talk to after the presentation helps to create a supportive community!

See more information on the next page...

Reclaiming Play: Revitalizing Childhood to Combat Anxiety and Aggression

Presented by Hannah Beach
February 25, 2025 | 6:30 – 8 p.m.

Children are becoming more anxious and aggressive. The common thread? A stark decline in free play. After this session, you may never see play the same way again. Our current culture has replaced play with entertainment and structured activities. We are now seeing the emotional side effects of the loss of play in the lives of children as aggression and anxiety in young people is at an all-time high.

The research is clear: children learn and develop best through play. And yet, children are playing less than ever. In fact, this is the first generation of children that does not have a play-based childhood. The side effects? Children and youth are struggling. It has become harder than ever to lead and care for kids.

This conversation has never been more important as we look at how we can support children's emotional health and learning. We'll unpack the science behind play and how it lowers anxiety and aggression, builds resilience, and fosters social and emotional health.

Little changes can have big effects. Join Hannah for a powerful workshop that will help you discover practical ways to transform your family culture and support your children in becoming their best selves.

Closed captioning in multiple languages will be available for participants.

[Click here to register](#)

About the Presenter

Hannah Beach

Hannah Beach is an award-winning educator, author, emotional health consultant, and keynote speaker. She is the co-author of the best-selling book *Reclaiming Our Students: Why Children Are More Anxious, Aggressive, and Shut-Down than Ever – and What We Can Do About It*.

Hannah was recognized by the Canadian Human Rights Commission in 2017 as one of five featured changemakers in Canada. Her bestselling *I Can Dance* book series, supporting the emotional health of children through movement, play, and expression, won a 2017 Gold International Moonbeam Children's Book Award. You can find her at hannahbeach.ca.



Please see the attachments for additional insurance information, including rates for different plans and a parent letter.



February 2025						
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Black History Month

1-7	UN World Interfaith Harmony Week
2	Vasant Panchami ☸
5	Ash Wednesday †
5	Richmond School District Student Voice Forum
12	Lantern Festival
12	Magha Puja Day ☸
15	Nirvana Day ☸
17	Family Day
20	World Day of Social Justice
21	International Mother Language Day
26	Maha Shivaratri ☸
26	Pink Shirt Day
28	Ramadan Begins (Ends March 29) ☾

Please see the attachment for the expanded Multifaith DEI calendar that provides additional information about important dates.

Optional Student Accident Insurance

As in previous years, families can choose to purchase an optional student accident insurance plan for their children through the “InsureMyKids®” program, underwritten by Old Republic Insurance Company of Canada. The “InsureMyKids®” accident insurance program offers protection against the potentially high costs of any injury resulting from unexpected accidents and is especially valuable for families who:

- Do not have medical or dental plans.
- Have limited plans, as it may help supplement health and dental benefits.
- Have active children who enjoy sports and outdoor activities.

The insurance agreement will be between the family and Old Republic Canada and will be effective on the date the enrollment application and payment are received by the insurance carrier. To purchase a student accident insurance plan, families can visit www.insuremykids.com, or speak with an Old Republic Canada customer service representative at 1-800-463-5437.

The program coverage typically includes:

- A full year (365 days from date of purchase), 24 hours a day, whether at school or at home.
- Expenses such as ambulance, physiotherapy, private tutoring, counselling, and much more that are limited or not covered by private or group insurance plans, or provincial health plans.
- Injury related dental treatment as the result of an accident.
- Out-of-province or country emergency medical expenses (platinum plan only).



Dates for your Calendar

- Feb. 14: ProD - No school for students
- Feb. 17: Family Day (School closed)
- Feb. 21: Spirit Day (Theme TBD)
- Feb. 25: Conferences.
All students dismissed at 1:45
- Feb. 26: Pink Shirt Day
- Feb. 27: Conferences.
All students dismissed at 1:45

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!

Ministry Childcare Centre Update

Work is moving forward quickly on the childcare centre! Utilities are being connected and we are anticipating the arrival of the modular pieces on February 18th. Our students enjoy watching the machinery at work at recess and lunch!

No trucks or deliveries will take place between 8 and 9am or after 2pm, to avoid causing additional traffic issues. It may be necessary to complete the work on February 19th if it can't be finished in one day.

There will be a crane on site to lift the modular pieces into place. Should there be weather (high winds, for example) that would make the operation of the crane unsafe, the work will be postponed. The school, district, and contractors are working closely together to ensure the work will be done safely.

We will need to change how students access the school on certain days, and will provide as much advance notice to students as possible.

