

# SPUL'U'KWUKS NEWS

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



## Dates for your Calendar

- May 30: Welcome to Kindergarten
- June 6: Family Teams Activity
- June 13: Twin+ Spirit Day
- June 14: PAC Summer Carnival Fun Fair
- June 17: Family Teams
- June 20: Presentation and Assembly: Kung Jaadee 1pm
- June 21: National Indigenous Peoples Day
- June 24: PAC Meeting 9:30am
- June 24: PAC AGM 10am
- June 26: Immunizations for Gr. K, 1, 6, 7
- June 30: Sports Day
- July 1: Canada Day Holiday (School Closed)



Thank you for supporting the Library through the Scholastic Book Fair!



Our students showed impressive skills at the Burnett Volleyball tournament yesterday! Thank you to Mrs. Shackles, Mr. Shackles and Mr. West for supporting our students!

## Planning Ahead for Summer Heat

The weather is beginning to warm up and we know we can expect higher temperatures in our third term. We have been thinking ahead and are having discussions with the district and school staff early, so that we are prepared when the heat comes. We had a reminder on Wednesday this week that warmer weather is just around the corner!

Below is a summary of some of the many strategies we need to teach our students at home and at school, and need to follow and reinforce ourselves. Remember, our behaviour must change with the weather conditions!

We ask that you make sure that you send your child to school with a water bottle, hat, cool clothing, and a bandana (see below) every day.

<b>Water bottle</b> for both inside and outside times 	<b>Hat</b> to keep sun off the face 	<b>Cool clothing</b> to avoid over-heating 	<b>A bandana</b> to wet and put around the neck 
---	--	--	--

## Preparing for heat exposure

- Wear loose-fitting, light-colored clothing that is appropriate for hot weather.
- Stay hydrated (do not use thirst as an indicator, drink fluids even when not thirsty). Bring a water bottle, drink plenty of liquids, and provide access to water fountains/filling stations to students.
- Avoid high intensity physical activity and reduce all strenuous physical activities (Examples: lower aerobic activities/running, refrain from heavy lifting, etc.)
- Wet a cloth, bandana, or light scarf and wear it around your neck to keep cool. Dampen as needed.

---

## When Indoors

---

- The district will be turning on the ventilation system in the early morning hours to circulate the air inside the school and bring cooler outside air into the building.
- Close blinds on exterior windows to reduce the solar gain.
- If an outside door is available, consider keeping it open to maintain a draft and/or draw out hot air (unless doing so adds heat to the room).
- Open classroom windows (unless doing so adds heat to the room) and doors leading to hallways to draw in cooler air and to create air flow.
- Turn off all computers/workstations/appliances when not in use to reduce the heat load.
- Turn off light fixtures if natural light is sufficient.
- Move to a cooler area within the school or move outdoors in the shade (if feasible).
- Add a fan in the classrooms and work area to increase air flow. The air stream from a fan should be aimed away from peoples' faces. In addition, air should be preferably moved from higher places to lower places, when possible, instead of having strong airflow at breathing height.

---

## When Outdoors

---

- Plan outdoor activities during cooler parts of the day.
- Limit the time in direct sun.
- Seek out shaded areas.
- Continue hydration during periods spent outdoors.
- Wear sunscreen and a hat when outside in the sun.
- Lower activity level and avoid strenuous activity.


The district will monitor temperatures and if we are faced with a heat dome like the one several years ago, will provide us with further direction.

**Spul'u'kwuks  
SOARS!**

WE CAN HELP OUR STUDENTS FEEL SAFE BY  
ENCOURAGING KINDNESS, SO ALL STUDENTS  
FEEL PROTECTED FROM HARM.

WE EXPECT OUR STUDENTS WILL CHOOSE TO ACT  
IN A WAY THAT PROMOTES PHYSICAL,  
EMOTIONAL, AND SOCIAL SAFETY FOR ALL

**"S" is  
for  
Safety**

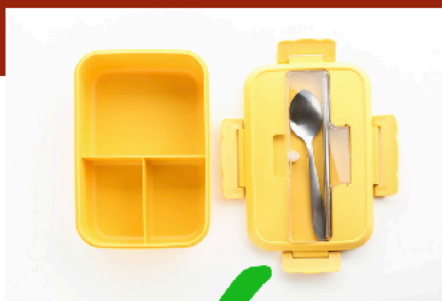


Ask your children how they help contribute to a safe school!

## DROPPING OFF LUNCHES AT SCHOOL

If you leave your child's lunch  
outside the classroom, please use a  
container that has hard sides and  
cannot be opened by birds!

Please do not use paper bags, as  
they attract birds!





**SPUL'U'KWUKS PAC**

# **SUMMER CARNIVAL FUN FAIR**

**SAT, JUNE 14TH, 2025**  
11:00 am – 4:00 pm  
Spul'u'kwuks Elementary  
5999 Blanshard Dr

Come enjoy a day of family fun with exciting games,  
amazing local vendors, and talented artists!  
There's something for everyone,  
so don't miss out on the chance to make great  
memories.

Early Bird Game Pass \$20 per family  
available to purchase on  
Munch-a-Lunch in May

Game Pass available to purchase on-site  
\$25 per family (CASH ONLY)

**WE LOOK FORWARD TO SEEING YOU!**

*Milk*

*Open*

A vibrant poster for a Summer Carnival. The background is a light yellow with a red and teal striped curtain at the top. The title 'SPUL'U'KWUKS' is in red, with '家委会主办' (Hosted by the Home Committee) below it. The main title '夏日嘉年华' is in large, bold yellow characters. A red box with a dashed border contains the date '星期六 6月14日' and time '11:00 am - 4:00 pm'. Below this, the location 'Spul'u'kwuks Elementary' and address '5999 Blanshard Dr' are listed. The text '快来享受充满欢乐的一天吧! 精彩游戏、本地特色商家、才华横溢的艺术家等你来体验!' is in red. Below that, '无论大人还是小朋友, 这里都有适合你的精彩活动! 千万不要错过这个与家人和朋友共度美好时光的机会!' is in red. A white cloud-like shape contains the text '早鸟游戏通行证仅售 \$20' and '可在五月 Munch-a-Lunch 上购买'. Below this, '游戏通行证可在现场购买 \$25 每个家庭 (仅限现金)' is in black. At the bottom, '我们期待与您相见!' is in yellow. The bottom left shows a booth with a red balloon and a sign that says 'Milk'. The bottom right shows a booth with a red and white striped awning and a sign that says 'Open'.