

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.



Dates for Your Calendar

- May 15: Non-Instructional Day - No school for students
- May 18: Victoria Day Holiday - School closed
- May 20: Universal Hot Lunch
- May 27: Track Meet at Minoru Gr. 4 - 7
- May 29: Welcome to Kindergarten

If your child is going to be absent or late, we ask that you use the Early Warning Line (604-303-5108) to let us know. You may also email the school at spulukwuks@sd38.bc.ca.



This Mother's Day, we pause to celebrate and honour the many women who guide, nurture, and inspire the students in our care.

While we recognize mothers and mother figures today, we also acknowledge and appreciate the grandmothers, aunts, guardians, older sisters, teachers, mentors, and family friends who play such meaningful roles in shaping the lives of our children.

The love, support, and encouragement provided by these important women help our students grow in confidence, kindness, and strength every day.

We understand that this day can bring a range of emotions for different members of our community. Please know that we hold space for all experiences and honour the many ways care and connection are expressed in our school family.

Thank you to all who give of themselves to uplift and support our students. Your impact is lasting, and your dedication does not go unnoticed.


Wishing you a day filled with appreciation and moments of joy.

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.

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.

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

- Wear loose-fitting, light-coloured 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.

Should we experience an extreme heat event, the district will provide us with further direction.

SPUL'U'KWUKS PAC

Summer CARNIVAL

SATURDAY, JUNE 13TH
11:00AM - 3:00PM

Spul'u'kwuks Elementary School
 5999 Blanchard Drive

Event Highlights

**EXCITING GAMES & ACTIVITIES
 COMMUNITY BOOTHS
 LIVE MUSIC**

GAME PASSES

★ TWO WAYS TO PLAY! ★

OPTION 1	\$15	OR	OPTION 2	\$5
FAMILY PASS			= 8 GAME TICKETS	
Unlimited Game Play (Free Play Pass)			Includes 8 game tickets	

✓ BOTH OPTIONS CAN BE PURCHASED AT THE CARNIVAL

Richmond Fire Rescue,
 Recycling and Waste Reduction,
 RCRG, Garden City Conservation
 Society, The Sharing Farm,
 Connection Community Service
 Society, and more!

BONUS EVENT
PARENTS TENNIS TOURNAMENT
12:00 PM - 3:00 PM
 (Terra Nova Tennis Courts)

GAMES PRIZES FUN!

WE LOOK FORWARD TO SEEING YOU!