

# Skwo:wech Newsletter

From the Office of  
Skwo:wech Elementary

October 18 - 29



## Skwo:wech 2021/2022 Yearbook

For personalized yearbooks ordered by October 29<sup>th</sup> – up to 4 icons are included for free! Please make note of your yearbook order confirmation. Order online at [JostensYearbooks.com](http://JostensYearbooks.com)



## Kindergarten & New Student Registration for 2022/2023 opens November 1<sup>st</sup>

For more information, including required documents and the calendar to book a registration appointment, visit: [NewWestSchools.ca](http://NewWestSchools.ca) ([Registration](#))



## Mark Your Calendar



**October 22**

**Non-Instructional Day  
(No School for Students)**

**October 26**

**Individual Photo Retake Day**

**October 27 & 28**

**Early Dismissals – 12:24pm  
Student Learning Conferences**

**October 27**

**PAC Meeting – 7:00pm**

### Halloween Dress Up Reminder:

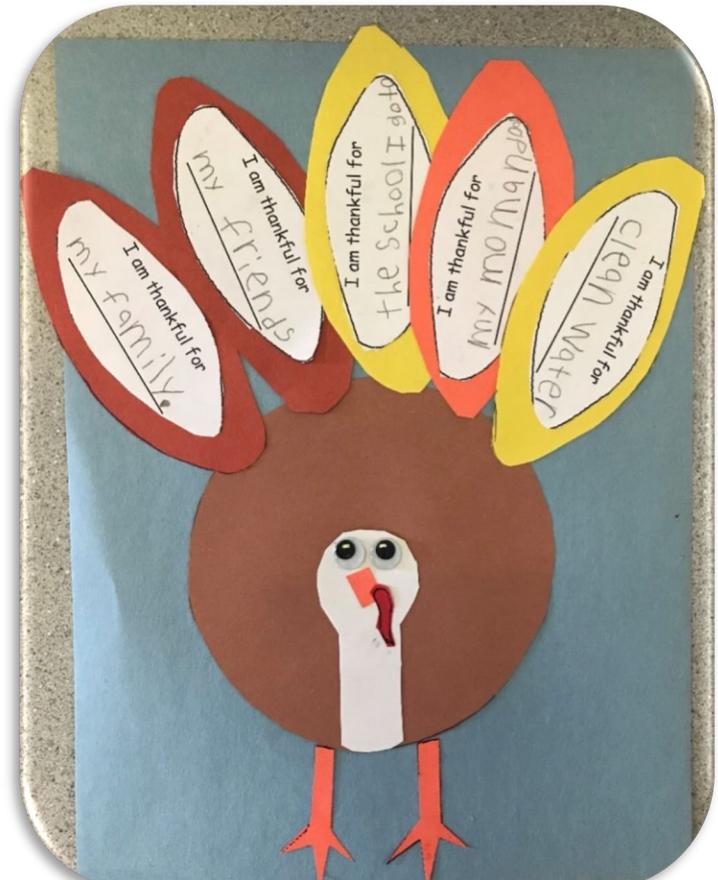
- No full-face masks
- No replica weapons on school property
- When selecting a costume, please consider whether the costume violates rights or appropriates identity

2021		OCTOBER/NOVEMBER		
Monday	Tuesday	Wednesday	Thursday	Friday
18 2022/2023 Registration Appointment Booking Opens Online	19 Parents' Night Out: Helping Children and Youth Manage Stress and Anxiety - 6:30-8:00pm	20	21 Remember to Sign Up for Photo Retakes by Sunday, October 24!	22 Non-Instructional Day (No School for Students)
25	26 Individual Student Photo Retakes Day	27 Early Dismissal - 12:24pm Student Learning Conferences PAC Meeting - 7:00pm	28 Early Dismissal - 12:24pm Student Learning Conferences	29 Halloween Dress Up Order November Fuel Up Lunches by Saturday noon
1 2022/2023 Kindergarten & New Student Registration Opens (book appointment online)	2	3	4	5
8	9	10	11 Remembrance Day (School Closed)	12 Non-Instructional Day (No School for Students)

Dear Skwo:wech Families,

We are all looking forward to the upcoming Student Learning Conferences that will be held on October 27th and 28th. Next week you will receive a message from your child's teacher informing you of their format and how you will be able to sign up for the meetings, there will be options available for virtual meetings through Teams or in person meetings. We do ask that if you are selecting an in person meeting that younger siblings do not attend. The format of the meetings will vary slightly, and you will receive this information directly from your child's teacher. You will be provided with guiding questions to help provide a framework for your conversation; we hope this will allow for a rich understanding of where your child's strengths and stretches are in both their academics as well as their social emotional well-being at school. While our formal conferences are a very important part of our reporting process at school, I want to remind all parents of the importance of connecting with your child's teacher if any concerns arise. Your child's teacher is the most important contact for you at school and we want to support any challenges that arise swiftly; so please be in touch! Thank you in advance to all our families for taking part in our part in the Student Learning Conferences. While our conferences are being held through a variety of formats, we know that the ongoing connections between our classroom teachers and our parents are essential. We appreciate and are grateful for the extraordinary support of our parent community.

With gratitude,  
Kathleen Chad



## A few reminders

**ANIMALS ON SCHOOL PROPERTY:** The School District's policy regarding bringing pets to school is designed to ensure the safety of our students. **Animals are not allowed on school property** without the prior approval of the Principal. Guide dogs and police dogs are allowed under the control of their owners. Also, with prior approval, animals brought for specific purposes, such as classroom demonstrations or units of study in the class, may be brought to school. Some teachers may choose to keep small animals in a cage or aquarium for instructional purposes, and will have received prior approval. We know that you share with us the desire to keep children safe on school grounds and in the buildings. **We are reminding everyone, please do not bring dogs or other animals onto school grounds when you drop off or pick up children; this includes all areas of school property.** Also, some children are allergic or fearful of these animals. Please assist us in keeping all animals off the school grounds. Additionally, this is also a reminder that animals cannot be left tethered and unattended according to city Bylaw No. 7586, 2013.

**LOST & FOUND:** We kindly request that families label all their child's belongings including jackets, clothing, face masks, lunch containers, and water bottles. This will make it easier for belongings that have gone astray to be returned.

The Skwo:wech PAC has two on-going fundraisers that may help with labeling items:

- **Mabel's Labels:** Select "Skwo:wech PAC (New Westminster)" from the list <http://campaigns.mabelslabels.com/>
- **Oliver's Labels:** Use this link before selecting your items <http://www.oliverslabels.com/skwowechpac>

**LUNCHES:** Please send the required utensils with your child's lunch. If lunch has been forgotten, please call the school to make a lunch drop-off appointment. Please label your child's lunch with their name and division.

### Use Our Pathways & Drop Off Pick Up Zone

If dropping off or picking up students with a vehicle, please:

- ✓ Use the designated Drop Off & Pick Up Area.
- ✓ Consider parking a couple of blocks away from the school and walk together.
- ✓ Remind your child to use the sidewalk and our pathways onto school grounds (avoid walking through parking lots).
- ✓ Encourage your child to use the marked crosswalks.

- ✗ **Archer Street is closed to drop off.** There is not a safe location for drop off and turnaround of your vehicle.
- ✗ Please do NOT pull up to the entrance of the school parking lots to drop off; this blocks vehicle access to the school.
- ✗ Please do NOT drop off in staff parking lots; **students are not to walk through the staff parking lots.**





Silly Hair Day  
at Skwo:wech





Every  
Child  
Matters

By Div. 15



Leaf Design by Gitsan artist Michelle Stoney. Michelle explained that she choose a leaf to represent the first Truth and Reconciliation day, because September 30 happens near the first day of fall. The hearts in the leaf represents the children that left and didn't come back. The tree that the leaves fell from represents their nation. Thank you to Michelle for letting teachers and students colour her beautiful and unique design.



# THE POWER OF

Write down things you can do outside of the world yet  
down things you want to learn to do inside the world

I can do it... being a good friend



# THE POWER OF

Write down things you can do outside of the world yet  
down things you want to learn to do inside the world

I can do it... soccer



# THE POWER OF

Write down things you can do outside of the world yet  
down things you want to learn to do inside the world

I can do it...

roller skate



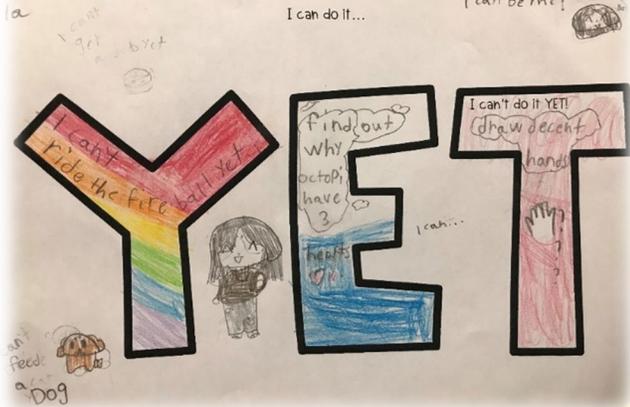
Students in division 7 responded to the story "The Magical Yet" by thinking about everything that we have already learned to do, and the things that we can't do yet, but would like to learn. This allowed us to start thinking about setting some goals for ourselves, and how there is nothing we can't do, just things we can't do yet!

# THE POWER OF

Write down things you can do outside of the world yet  
down things you want to learn to do inside the world

I can do it...

I can be me!

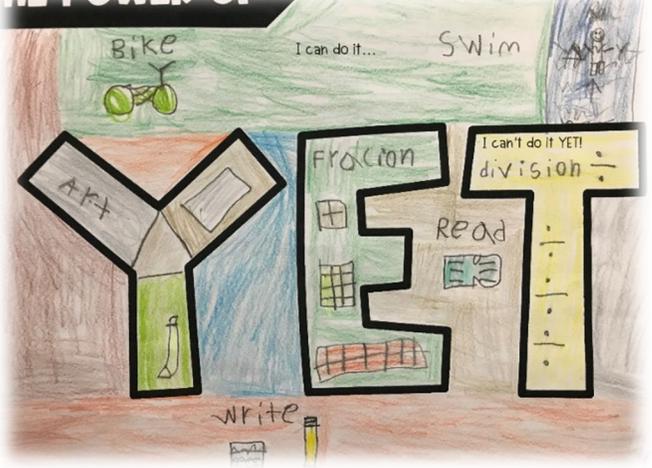


# THE POWER OF

Write down things you can do outside of the world yet  
down things you want to learn to do inside the world

I can do it...

Swim



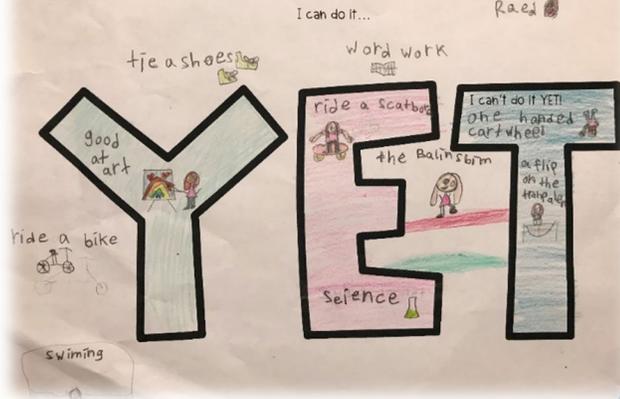
# THE POWER OF

Write down things you can do outside of the world yet  
down things you want to learn to do inside the world

Julia

I can do it...

Raed



# THE POWER OF

Write down things you can do outside of the world yet  
down things you want to learn to do inside the world

I can do math 1+1=2

I can do it...

Ride a bike



# Artwork by División 6



"No matter what yesterday was like, birds always start the new day with a song."



.....  
**Virtual Parents' Night  
Out Event**

**Free for all  
New Westminster  
Caregivers!**

**October 19, 2021  
6:30-8:00 pm**

Participants will receive a zoom link prior to the event.

To register, please visit:

<https://stress-and-anxiety.eventbrite.ca>

*Dr. Kristin Buhr is a Registered Psychologist and Director at the North Shore Stress and Anxiety Clinic ([www.nssac.ca](http://www.nssac.ca)). She specializes in the evidence-based treatment of anxiety and mood problems in adolescents and adults, and regularly provides educational workshops on mental health issues. Dr. Buhr is a lead consultant for Anxiety Canada ([www.anxietycanada.com](http://www.anxietycanada.com)), where she has developed numerous self-help resources for adults, parents, children and teens coping with anxiety problems, including My Anxiety Plan (MAP), an on-line anxiety management course, and MindShift CBT, a comprehensive anxiety management app. She is also the co-author of The Worry Workbook: CBT Skills to Overcome Worry and Anxiety by Facing the Fear of Uncertainty.*

## Helping Children and Youth Manage Stress and Anxiety *with Dr. Kristin Buhr*

COVID-19 has been a major life stressor that has had a significant impact on our lives including our mental health. Now more than ever, we need strategies for helping children and youth improve their emotional wellness.

This presentation will focus on core cognitive-behavioural therapy (CBT) strategies and resources for helping children and youth manage stress and anxiety. Learn about effective CBT strategies to help reduce physical symptoms of stress and anxiety, develop healthier self-talk to combat worries, and take active steps to face fears and improve overall emotional wellness.

Become familiar with key resources for children and youth including materials available on the Anxiety Canada website; *My Anxiety Plan (MAP)*, an on-line anxiety management course; and *MindShift CBT*, a comprehensive anxiety management app.

*If you have any questions, please contact Tanis Anderson, District Vice Principal, [Tanderson@sd40.bc.ca](mailto:Tanderson@sd40.bc.ca).*

.....  
School District 40  
District Parent Advisory

