

# Skwo:wech Newsletter

From the Office of  
Skwo:wech Elementary

January 17-28



## Fuel Up! Hot Lunch: January Menu open for ordering

If your family has ordered lunch, you will receive a confirmation email upon payment.

If you have not received a confirmation email, the order may still be pending in your online cart.

## Family Literacy Day: January 27

This annual day raises awareness about the importance of reading and engaging in other literacy-related activities as a family.

Visit [abclifeliteracy.ca](http://abclifeliteracy.ca) for resources and more information!

## School Spirit Day: Jan 21 Super Comfy Day

Wear your comfiest gear!  
It might be PJs or flannels.  
Let's have a comfy day of fun!

## 2022 JANUARY/FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
17 Programs of Choice Online Applications Open	18 Early Dismissal - 12:24pm NWMS Meeting - 7:00pm	19	20 	21 School Spirit Day: Super Comfy Day
24	25	26 PAC Meeting - 7:00pm	27 <b>Family Literacy Day</b> Order Skwo:wech 2022 Yearbooks by January 28!	28 Last day of regular registration period for 2022/2023 kindergarten and new students
31	1 Lunar New Year Black History Month	2	3 Virtual Parents' Night Out: Creating a Positive Relationship with Food & Movement - 6:30pm	4
7 Out-of-Catchment & Out-of-District Online Applications Open	8	9	10	11 Last Day to Complete Online Application for Programs of Choice

## Mark Your Calendar



### January 17

Programs of Choice  
Application Window Opens

### January 18

Early Dismissal – 12:24pm  
NWMS Meeting – 7:00pm

### January 21

Super Comfy Day!

### January 26

PAC Meeting – 7:00pm

### January 28

Yearbook Order Deadline

Order online at:

[JostensYearbooks.com](http://JostensYearbooks.com)

Dear Amazing Skwo:wech families,

We want to send each of our families a heartfelt thank you for everything that you have done and are doing on a regular basis to help our school stay safe and available for learning. We appreciate how challenging this has been for many in our community. If your child is home out of precaution, needing to isolate or ill, please be sure to send a message to the office describing the nature of their absence and then reach out to your child's teacher for direct guidance on a remote learning plan for your child. Our teachers have all worked very hard to develop resources that you can use with your child at home and our teachers are prepared and happy to assist you with this.

With gratitude,  
Kathleen



Welcoming new faces to our  
Skwo:wech family!

Wishing Ms. Bloom the best on her  
maternity leave!

Welcoming Ms. Shadbolt and welcoming  
Dr. Kentel our new music teacher!

**WELCOME!**







Division 1 created word art  
using words from their  
class charter:  
Peaceful, Safe, Respectful,  
Optimistic, and Included

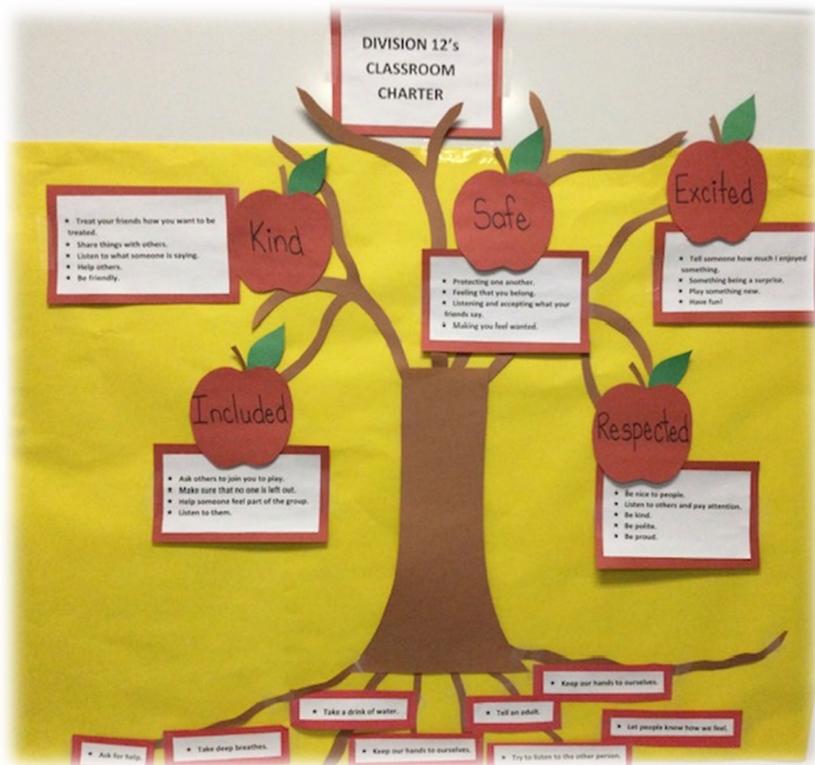




# Division 12

Included

Kind



Safe

Respected

Excited

# DIVISION 5 CLASS CHARTER

Olivia, Tyler, Mrs. Nunnoo, Krista, Mr. Wong, Lukas, Desmond, Jordan, Cohen, Payton

In our class, we want to feel:

- JENNIFER**
  - Included**
    - Inviting others to join you or play with you
    - being friendly and open
  - Empowered**
    - speaking up and saying what's on your mind
    - being an upstander
  - Respected**
    - being kind and friendly to others
    - not judging others
  - Safe**
    - following the rules and expectations of the classroom
    - telling the truth and being honest
  - Responsible**
    - being trustworthy and doing the right thing
    - following the rules and expectations of the classroom
- Iiana**
- Sydney**
- AYLA**
- Griffin**
- Wyneth**
- Beckley**

# Our Class Charter...

Calm

Proud

Happy

Safe

Respected

At School,  
Division 14  
would like to  
feel...

- We promise to...
- use breathing strategies
  - listen to each other
  - celebrate our mistakes
  - be brave in our work
  - include each other

Elizabeth Owen  
Mrs Stewart  
ANTONIA  
Hand  
MARINA  
JASON  
stella  
Ava KAZHANTER  
Kathrina  
Natasha  
CELESTE  
ANGELINA  
Aidan

happy  
respected



## Division 2 Classroom Charter

We want to feel

happy, included, respected, safe

In order to feel happy, we will create a classroom environment where people feel safe, included and respected.

In order to feel included, we will include others in our games and our work. We will make new friends and not make others feel left out.

In order to feel respected, we will be friendly and kind to one another. We will listen to one another and give people a chance.

In order to feel safe, we will we will wear our masks and socially distance. We will keep our hands to ourselves and help others in need.

safe

included

# Division 17

Be Kind 

Be Fair 

In Division 17, we want everyone to feel **RESPECTED** and **INCLUDED**.

We will respect ideas, feelings, and each other's bodies.

We will invite others to join in and we will share.

MADISON  
 JACOB ETHAN  
 REYON  
 Eric ANTHONY  
 ZACH BENNETT NIKO ABIGAIL  
 AIXSSA Ms Ballantyne Ms Neme-th  
 Kaiden  
 I VY  
 MICK

# Division 16

Classroom

Charter

To feel

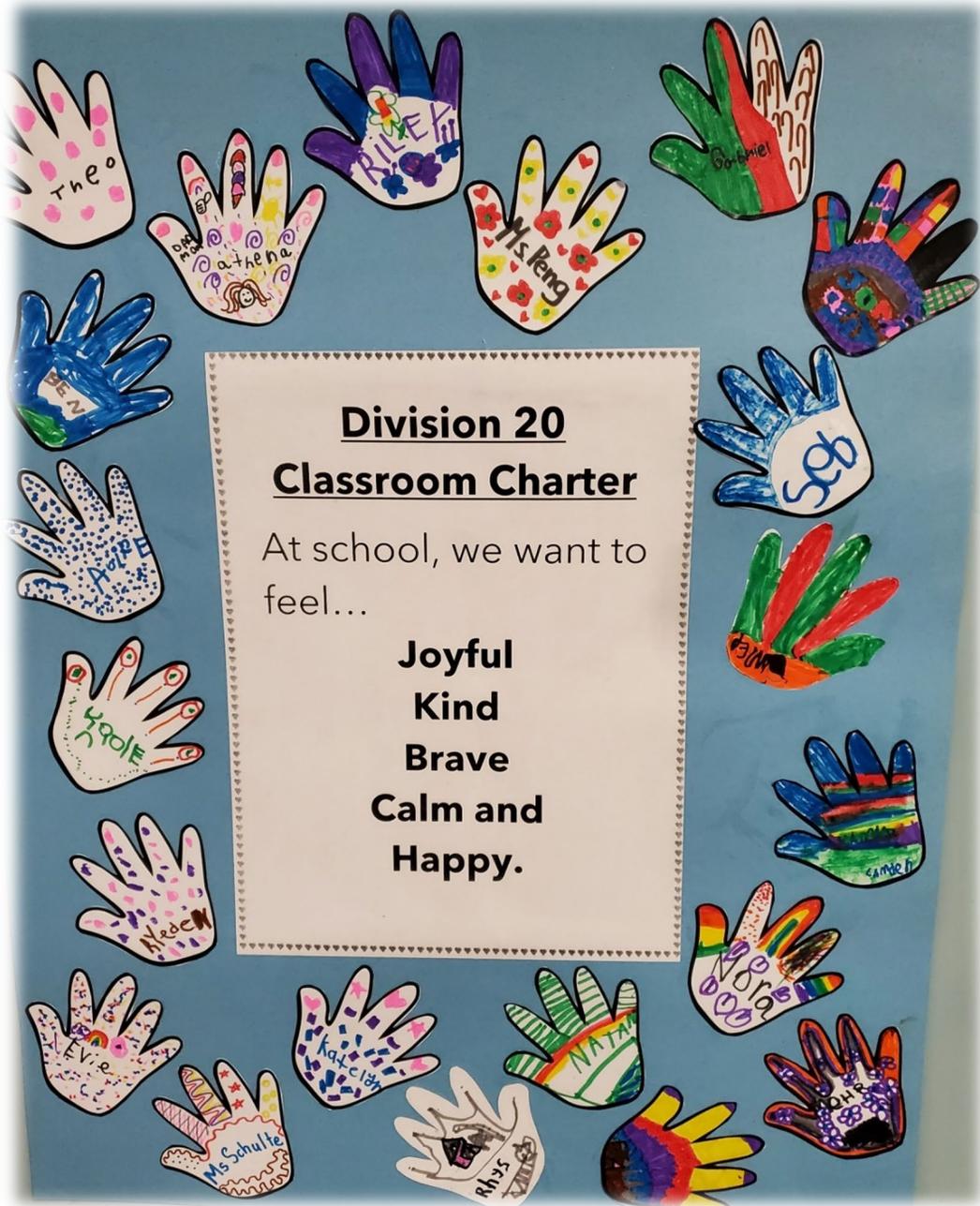
happy excited safe

We will be

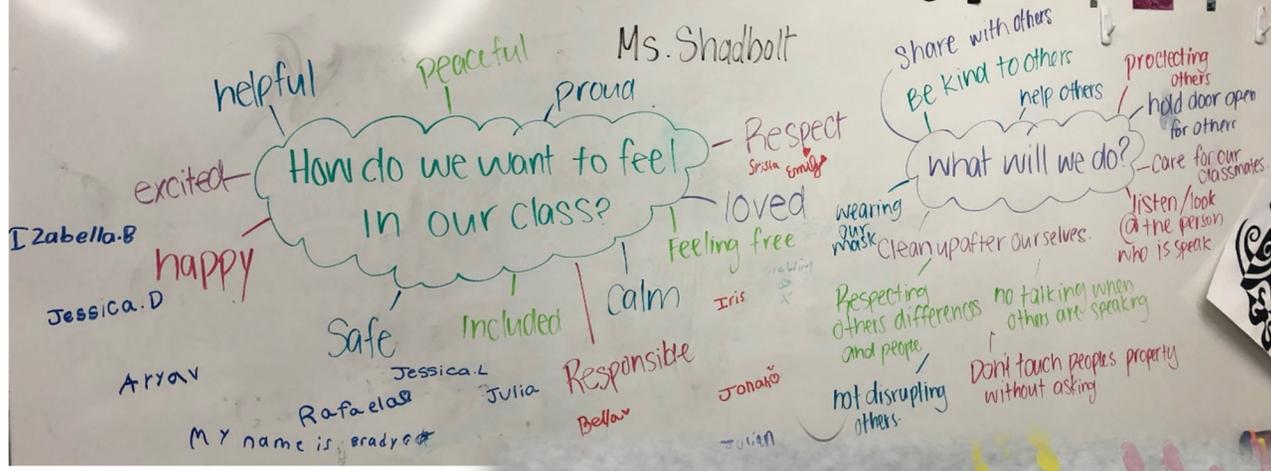
kind focused safe

Be your best self Div. 16!

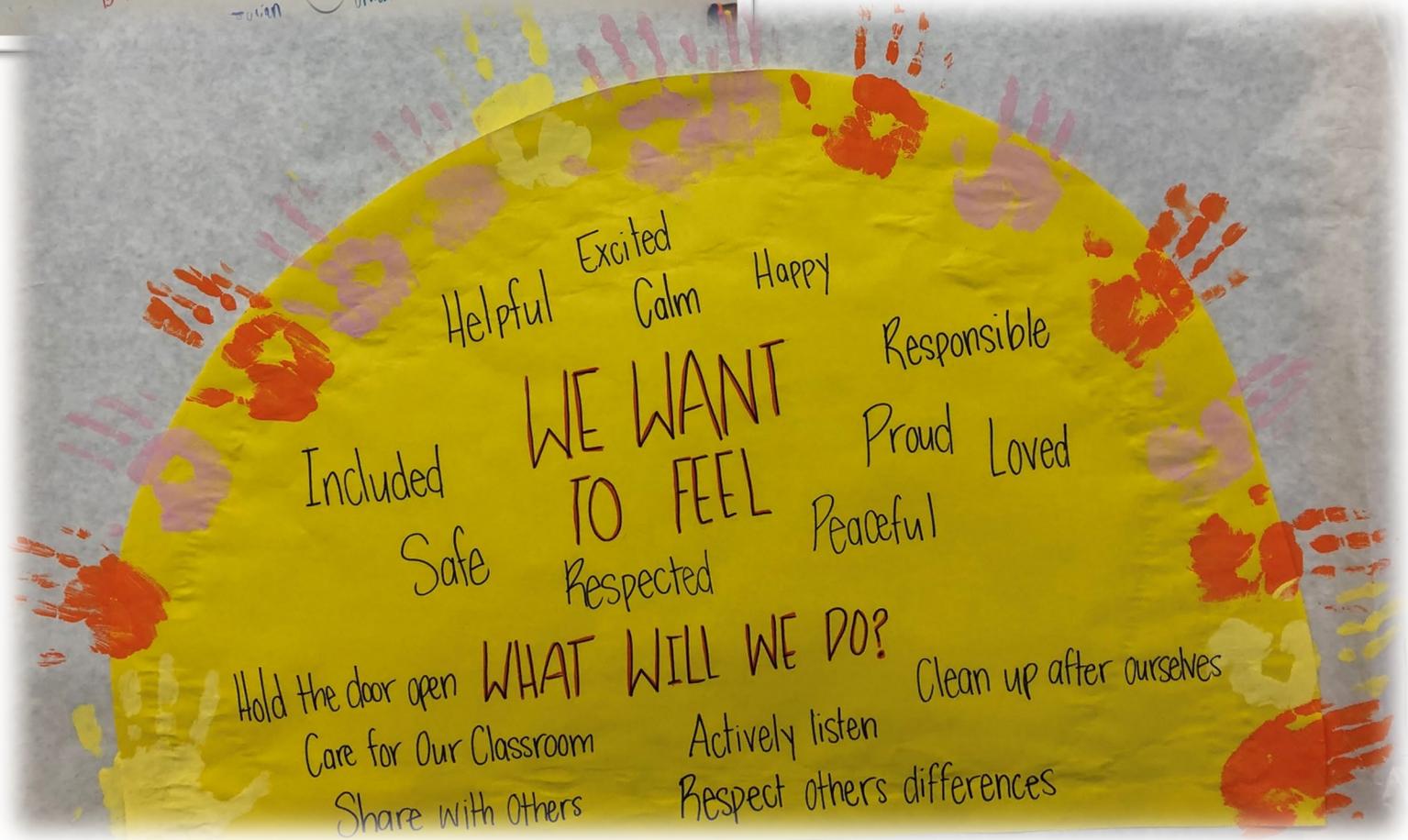
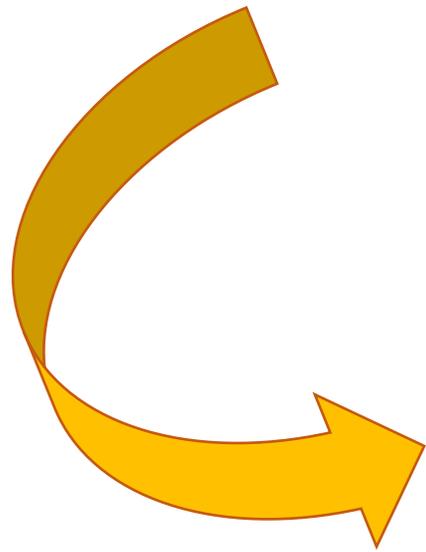
*(Handprints and names: ARLO, ALEX, ANTHONY, AYLEY, WYPIR, TASHMAN, MAFLE, NODDY, ELTON, NITARA, BENNETT, NIKO, ABIGAIL, I VY, Kaiden, sasha, clare, oiker, TIE, sasha, clare)*

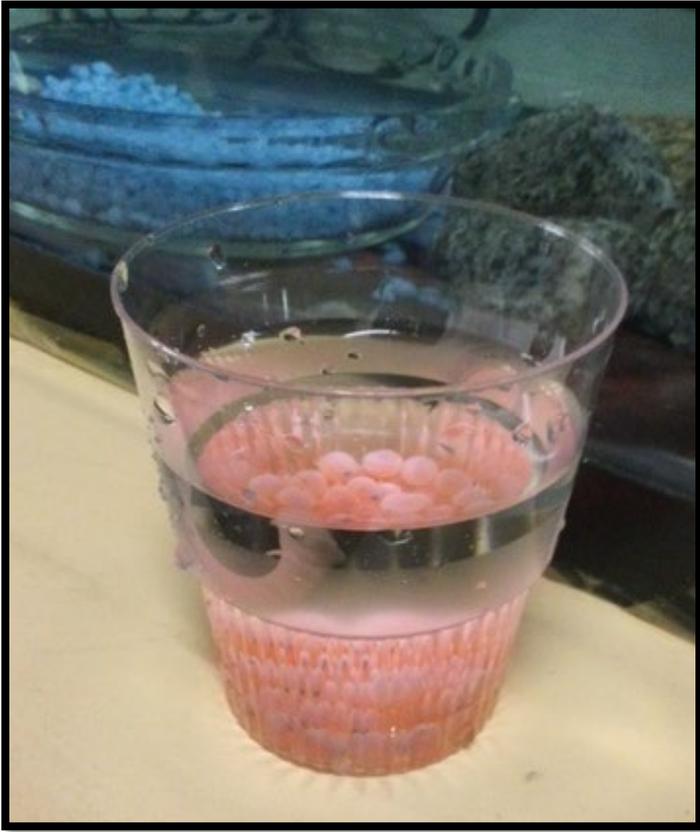


# THE POWER OF YET



## Division 7's Class Charter





Division 12 are studying salmon! We are learning about the life cycle of the Pacific salmon. Our salmon eggs have now been placed in our tank at the front of the school where we have provided cold, clean water and lots of oxygen for the eggs. The styrofoam has currently been placed around the tank to provide a dark habitat for the eggs, which is more like their natural habitat. We hope that our salmon eggs will hatch in a few weeks!



Division 12 welcomed 55 peach-coloured eyed chum salmon eggs to Skwo:wech on Monday morning.

## Financial Assistance & **Jumpstart Grants** for Winter & Spring Programs

New Westminster Parks & Recreation has a Financial Assistance Program through "Access and Inclusion":

<https://www.newwestcity.ca/parks-and-recreation/access-and-inclusion#financial-assistance>

When families need a little financial boost to get kids involved in a sport, dance team or other active program Jumpstart is an organization that may be able to support you.

Jumpstart grants apply to general sports activities (e.g. swimming lessons, sports, dance)

New Westminster Parks & Recreation Winter 2022 (January to March) programs can be found here:

<https://online.flippingbook.com/view/448372368/>

Registration for winter programs opened in December. Visit the New Westminster Parks & Recreation website to see when registration opens for spring programs: <https://www.newwestcity.ca/parks-and-recreation/recreation/active-living-guide-and-brochures>

**Jumpstart 2022 Funding Applications open on Monday, January 17.**

For more information about Jumpstart grants in 2022 visit:

<https://jumpstart.canadiantire.ca/pages/individual-child-grants>



Please note, Ms. Kirsten ([kdraney@sd40.bc.ca](mailto:kdraney@sd40.bc.ca)) is available to assist with applications.



## Planning for your child's future education?

**Future Bright is a FREE EFry program that helps you access up to \$3,200 in free money for your child's education.**

Future Bright is a program that helps families with a net income of less than \$49,020\* access a variety of grant monies available for children for their post-secondary education. This includes the [Canada Learning Bond](#) and the [BC Training and Education Savings Grant](#) (available for any child aged 6-8, regardless of family income). These grants do not require families to contribute money themselves, the programs are intended to help families set up a Registered Education Savings Plan (RESP).

For more information visit Future Bright <https://www.elizabethfry.com/future-bright/> or call 604-520-1166.

\*Please note, families with more than 3 children should contact Future Bright and/or look at the eligibility criteria for the Canada Learning Bond



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### Telus: Internet for Good

The Internet for Good program provides internet connectivity at a lower cost for families in need.

More information is available online through the link below:  
<https://www.telus.com/en/about/low-income-families/application>

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### Family Services of Greater Vancouver

Free programs and workshops in Community Food Skills, Community Connections, Parent Education, and Financial Empowerment that give newcomers, parents, and seniors the opportunity to engage gain new life skills and make new friends.  
[Community Programs – New West](#)

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### Online Programs through the New Westminster Public Library

The New Westminster Library offers free programs for children, youth, parents and young children, and adults. You can find events on their website!

<https://www.nwpl.ca/events-calendar/>

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### New West Family Place Programs

Programming for families with children 0-5yrs in New Westminster.

For more information about programs:  
<https://www.newwestfamilies.ca/our-programs/>

Or view their online [Events Calendar](#)



Looking for places to get out in nature in New Westminster?  
Download their Nature Trails Family Challenge brochure!



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## Virtual Parents' Night out Event

February 3<sup>rd</sup>  
6:30pm-8:00pm  
Click [here](#) to register

The Zoom link will be emailed to registrants closer to the event date

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

## Creating a Positive Relationship with Food and Movement

There are so many messages in our society around what we should be eating, what to feed kids, how much to exercise, and how we should feel about food and bodies. This presentation will help to understand where these messages come from, how they impact our children and our relationships with food, exercise and our bodies, and what we can do instead to support children and youth's well-being. We will talk about what it means to be a competent eater, and reduce the worry and stress around feeding by outlining parents and children's roles with eating and feeding, how to help children try new foods, and how to take the battle away from mealtimes. In addition we will look at how to frame movement, and help our kids become physically literate. We will take a compassionate and empathetic approach to equip parents with strategies and resources for helping children and youth develop positive relationships with food, movement and their bodies that will support their life-long well-being.

**Presenters:** Heather Anderson, RD; Natalie Johnston, MPH

School District 40  
District Parent Advisory



# YEARBOOK ORDER FORM

ORDER BY:  
01/28/2022

To purchase online, go to  
[jostensyearbooks.com](http://jostensyearbooks.com).

## STEP 1: SELECT YOUR PACKAGE

**YEARBOOK \$20.00**

**SIGNATURE PACKAGE \$35.00**

Includes Yearbook, 1 Line of Personalization, Color Autograph Section and 5 Multicolor Signing Markers

## STEP 2: PERSONALIZE YOUR YEARBOOK FOR \$6.00

NAME   
(29 characters max.)

## STEP 3: ADD ICONS\* FOR \$4.00 EACH

**\*IMPORTANT:** To add icons, you must first purchase personalization in Step 2.

Enter the 4-digit icon code from the chart below into the boxes provided.

Icon 1

Icon 2

Icon 3

Icon 4

5236	5581	5682	5783	5884	5985	6086	6187	5011
5238	5239	5019	9050	5015	5240	5022	5982	5001
5002	5003	5004	5005	5006	5008	5009	5010	5130
5582	5583	5584	5585	5980	5981	5586	9001	9007
9025	9006	5013	5014	5258	5241	5360	5242	5025
5592	5362	5363	5364	5365	5247	5587	5588	5589
5590	9042	9051	5023	5255	5256	5257	5012	5366
5367	5253	5018	5021	5591	9036	9037		

If you have questions, please call Customer Service at 1-877-767-5217.

## STEP 4: ENTER YOUR INFORMATION AND TOTAL YOUR ORDER

Student Name: \_\_\_\_\_  
 Grade: \_\_\_\_\_  
 ID#: \_\_\_\_\_  
 Homeroom: \_\_\_\_\_  
 Contact Phone: \_\_\_\_\_  
 Contact Email: \_\_\_\_\_

	Price	Quantity	Total
Enter Your Package Price			
Personalization	\$6.00		
Icon(s) ea.	\$4.00 x QTY		
Autograph Section	\$3.00		
Clear Protective Cover	\$3.00		
Photo Pockets	\$3.00		
Donate a Yearbook	\$20.00		
Subtotal			
<b>TOTAL</b>			

YAY! THANKS FOR ORDERING!