

## **Bulletin Updates**

### **Victoria Day: Monday, May 23**

- Our school is closed on this day

### **PAC Meeting: Wednesday, May 25 at 7:00pm**

- Please look for the email sent on May 20 for details
- Mark your calendar: June 22 will be the PAC Annual General Meeting

### **Parent Appreciation: Thursday, May 26 at 8:30am**

- Dear parents, we appreciate you and all you bring to our school community! We invite you to join us in the school courtyard before school on May 26 so we can share our appreciation!

### **Welcome to Kindergarten: Thursday, June 2**

- For families with a student starting kindergarten at Skwo:wech in September, please refer to recent and upcoming emails sent by the school for details about this day

### **Grade 5 Student Visit to Glenbrook Middle School: Thursday, June 2**

- Families of Grade 5 students, please note that Grade 5 students will have an in-person visit to Glenbrook on the afternoon of June 2

### **Grade 5 Leaving Celebration: Thursday, June 16**

- Families of our Grade 5 students, please circle the morning of June 16 in your calendar; details to come

### **Last Day of School & Early Dismissal: Wednesday, June 29**

- Please note, students will be dismissed from school at 2:00pm on the final day of school

### **Skwo:wech Yearbook 2022 – An extra batch of books are now available to order!**

- Order online at [JostensYearbooks.com](https://www.jostensyearbooks.com) -- please make note of your yearbook order confirmation
- Yearbooks are delivered to students in June 2022
- Some families already placed an order in the fall/winter; please check your email for a confirmation in or around October or contact Ms. Essak in the office to check if believe you have already ordered a yearbook

### **Fuel Up! June Lunch Menu Available Online**

- Order before NOON on Monday, May 30 for delivery beginning June 1

### **Preparing for Next Year**

- Please refer to last week's newsletter for information about class placement requests for 2022/2023



YOU ARE INVITED TO THE

*Parent*

*Appreciation  
Event*



Thursday, May 26th

8:30am

In The Courtyard

Join us for coffee, entertainment and a treat.



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## Virtual Event for Parents

May 26<sup>th</sup>  
6:30pm–7:30pm  
To register, please

visit:

[https://wellness-  
foodandbodyimage.ev  
entbrite.ca](https://wellness-foodandbodyimage.eventbrite.ca)

Presenter: Stephanie  
Dang

The Zoom link is  
available on the  
Eventbrite page when  
you register.

If you have any  
questions, please contact  
us at

[wellness@sd40.bc.ca](mailto:wellness@sd40.bc.ca) or  
604-517-6291

## Nurturing a Healthy Relationship with Food and Body Image

New Westminster Schools invites you to join us virtually for our Wellness Centre Series for parents and caregivers.

Stephanie's presentation will focus on how to encourage a good relationship with food and our bodies, especially with your children. She will discuss the basics of nutrition, how our hunger cues and cravings work, body positivity, and food neutrality. She hopes you will feel more confident having positive, open discussions with your children around food and body image.

Stephanie Dang is a Registered Dietitian with the College of Dietitians of British Columbia, and co-founder of Vancouver Dietitians. Stephanie has years of experience as a clinical dietitian at BC Children's Hospital, working primarily in Gastroenterology and Eating Disorders. She also has years of experience as a Sports Dietitian with high performance athletes at the Richmond Olympic Oval, MINT Club Athletics, Orenda Talent Agency, and Supra Academy. Currently, she is focused on her own private practice, Vancouver Dietitians, where she specializes in eating disorders, disordered eating, sports nutrition, and women's health.



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## Virtual Event for Parents

June 8<sup>th</sup>  
6:30pm–7:30pm  
To register, please  
visit:

[https://youandyouryouth  
h3.eventbrite.ca](https://youandyouryouth3.eventbrite.ca)

Presenter: Dr. Saira  
Sabzaali

The Zoom link is available  
on the Eventbrite page  
when you register.  
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If you have any  
questions, please contact  
us at  
[wellness@sd40.bc.ca](mailto:wellness@sd40.bc.ca) or  
604-517-6291

## Wellness Centre Series: You and Your Youth

New Westminster Schools invites you to join us virtually for our Wellness Centre Series for parents and caregivers.

### Session 3: “Are They Doing Too Much?” Strategies to Support Your Ambitious Teenager

- The 40 Asset Model
- The Stress-Cycle
- Protecting Your Teen’s Mental Health

Dr. Saira Sabzaali is a Registered Clinical Counsellor with a Ph.D. in Transpersonal Psychology. She is the Clinical Director of Dragonfly Wellness Centre, an online hub for mental health, personal growth, and counselling. She works with adults from diverse cultural backgrounds who are looking for a new approach to mental health and want to incorporate their cultural values and spiritual beliefs into therapy. She specializes in depression, anxiety, family harmony and burn-out.

Dr. Saira has delivered two TEDx talks and is involved in teaching and curriculum development in the Clinical Counselling program at Stenberg college. She enjoys reading, writing poetry, and volunteering in the community, and lives in a small town on Shuswap Lake with her husband and two kids in the Okanagan Valley.

# The Welcome Centre & WorkBC Center New Westminster Career Workshops for Newcomers

May 11th - Labour Market Info & Career Exploration

June 8th - Tools for Job Search & WorkBC Services

Register through the Welcome Centre:

E: [welcome@sd40.bc.ca](mailto:welcome@sd40.bc.ca)

P: 604-517-6266

