

Bulletin Updates

Yearbook Sale!

- Orders for the 2023/24 Skwo:wech Elementary yearbook are open!
- To order online, go to: <http://tinyurl.com/skwowechyearbook24>
- If you would like to order a personalized yearbook (adding your child's name to the front cover), the **online order deadline is Friday, January 26, 2024**
- After January 26th you can still order a personalized yearbook through a paper form available at the office until February 26, 2024
- **Non-personalized yearbook** order for online or paper form deadline is February 29

Non-Instructional Day – Friday, February 16th

- No school for students

Family Day – Monday, February 19th

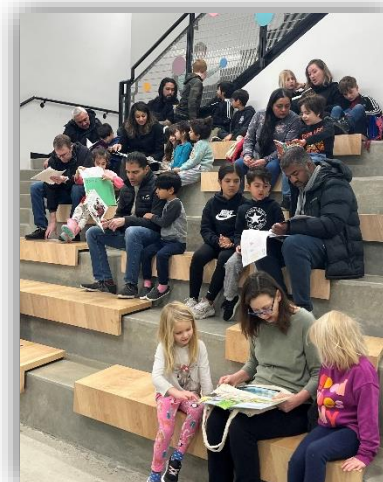
- School closed

Absence Reporting:

- Our team asks that all parents and guardians report a student absence before the start of the school day. This helps us ensure that you have given permission for your child to be absent and supports our staff in accurately tracking and following up on absences.
- For your convenience, we have a form to report at <https://skwowechool.ca/report-a-student-absence/>
- Or Absences can be reported:
 - By phoning 604-517-6090
 - Emailing us at skwowech@sd40.bc.ca

If you are leaving a voicemail message or emailing to us, please state the student's full name, division, the date of the absence and reason for absence.

Thank you to all our families who have enjoyed "Family Reading" with us today and sharing your love of reading!





Chess Club held every
Fridays at lunch time



Clubs and extra-curricular activities:

Lego – every Wednesday at lunch time

Basketball – every Thursday at 8am in the gym



Students had a lot of fun playing
in the snow last Friday!



January – Mental health

Know when and how to access mental health support for your child

Mental illnesses are common in children and young people, they can have a significant impact on their development, relationships and their performance in school. Getting help early can prevent symptoms from becoming more severe and support a faster recovery.

Where do I start if my child or teen needs help?

A good place to start is by talking with your child/teen about how things have been going for them and what you've noticed.

Keep in mind that children and teens vary in their ability to talk about their feelings and experiences. They may not have the vocabulary to describe feelings. They also may not understand what's going on for them or make the connections between something in their life and their struggles.

How do I talk to my child or teen?

Here are some tips to help start a conversation with your child:

- Find a good time and place to talk. Driving to and from places, preparing dinner, or cleaning up after a meal are great opportunities to talk.
- Ask how they are or if they'd like to talk about anything that's going on for them.
- If they say they're fine or nothing is wrong, explain why you're concerned and offer specific examples that you've noticed.
- Acknowledge how it must be difficult for them.
- Ask about what strategies/actions they find helpful. Acknowledge their strengths.
- Discuss how mental health is part of everyone's life – and not just about severe problems.
- Talk about how sometimes it can take the assistance of others to overcome difficulties. Ask if they would they like to talk with someone.
- Ask them what they think would help or what they think they need.
- Offer to make an appointment for your child/teen to see your family doctor – physical issues can sometimes have mental health symptoms associated with them. It's important to check if there's any physical issues.
- Let them know you want to help and that they can always come to you.
- If your child doesn't want to talk, let it go and try again in a few days.
- If you have concerns that your child may be using alcohol or other drugs, [get tips on how to talk to your child about drugs](#).

Get more information about child and youth mental health: <https://ow.ly/KgZZ50PehL0>

Social media posts:



Facebook

Mental illnesses are common in children and young people, but getting help early can support a faster recovery. For mental health help and resource for children and youth, visit Fraser Health's website <https://ow.ly/TCHH50PehC8>

Twitter

Need help talking to your child about mental health? Visit Fraser Health's website for tips to help start a conversation with your child: <https://ow.ly/bnPro50PehX9>

Instagram

Fraser Health has resources to help you learn the signs and symptoms of mental health problems in children and teens and tips for starting conversations. Visit their website to learn more: <https://ow.ly/bnPro50PehX9>

Image to use with article or social media posts:





Community School Programs at Skwo:wech!

The Power of Drawing (Grades 1 - 5)

Young Rembrandts teaches drawing, the fundamental skill of all visual arts to children. Your child will develop drawing and art skills, expand their creativity, imagination and confidence.

Library

Mondays, 3:00 - 4:15pm

Date: Jan 29 - Mar 11 (6 sessions)

No class on Feb 19

Registration Fee: \$97.50

To register, please visit: www.youngrembrandts.com/metrovancouver/

Hip Hop & Jazz Dance (Grades 3 - 5)

Develop great hip hop dance moves and funky jazz dance steps set to popular music. Learn at a slow safe pace with warm ups, stretches, strengthening, movements, and simple progressions to help boost confidence.

Music Room

Wednesdays, 3:00 - 4:00pm

Date: Jan 17 - Feb 21 (6 sessions)

Registration Fee: \$55.50

To register, please visit: [City of New Westminster Parks and Recreation registration site](#)

Have questions?

Contact Community Schools

Phone: 604-517-6291

E-mail: communityschools@sd40.bc.ca

We are always excited to welcome new families to the District. Here are the things you need to know to ensure your student is enrolled with the best placement to support their needs.

Key dates for regular registration:

	In-catchment applications	Transfer requests & Out-of-district applications
Regular registration opens	November 6, 2023	February 5, 2024
Regular registration closes	January 26, 2024	February 23, 2024
Placement offers	March 29, 2024	June 14, 2024

Please note: our District is facing significant capacity challenges, due to growing enrollment. Decisions about the 2024–25 school year are based on enrollment demands identified within the regular registration window. Enrolment applications received outside of this window will be placed within the district but may not be possible at the catchment or preferred school requested, as some schools may be deemed as being at full capacity at certain grades, or in some limited cases, for the full school. All placements follow the rules outlined in [Administrative Procedure 300](#).

Questions can be sent to: registrations@sd40.bc.ca

How to enrol:

Our Central Registration team works out of the Welcome Centre (south side of New Westminster Secondary School, via the external entrance). Information on documents required, process, how to book an appointment and more can be found on our website: <https://newwestschools.ca/our-schools/registration/registration-information-forms/>

Programs of Choice:

Applications for our Programs of Choice are accepted from Monday January 8th to Friday February 2nd, via links that will be posted on the District website. Parent information sessions are hosted online in early January. **Students applying for a Program of Choice must first be enrolled at their regular catchment school, following the above process.**

Program	Grade of intake	Location(s)
Early French Immersion	Kindergarten or Grade 1	Herbert Spencer, Qayqayt and Lord Tweedsmuir elementary schools
Late French Immersion	Grade 6	Glenbrook Middle
French Immersion	Grade 9	New Westminster Secondary
Montessori	Kindergarten or Grade 1	Skwo:wech and Connaught Heights
Home Learners Program	Kindergarten to Grade 8	Hume Park Learning Centre

Questions can be sent to: programsofchoice@sd40.bc.ca

All forms, Administrative Procedures, and information about capacity status can be found on our website.

[NewWestSchools.ca](https://newwestschools.ca)

Fuel Up! School Lunch Program

- February menu are available online
- Orders must be placed two business days before delivery. For example, for Monday's lunch you must order by Wednesday.
- If your child will be away from school and you did not cancel their lunch in time, please advise the office if you would like to arrange to pick up the lunch or if the school may donate the lunch to another child who might have forgotten their lunch.
- If your child is away from school, you must cancel two days before their hot lunch delivery and email The Lunch Lady at new.westminster@thelunchlady.ca

<https://newwestschools.ca/programs-services/fuel-up/overview/>

Do you need to connect with your child's teacher?

Please see contact information below:

- Mrs. Sharp – Div. 1
lsharp@sd40.bc.ca
- Mrs. Gibson – Div. 2
lgibson@sd40.bc.ca
- Mrs. Bhatti – Div. 3
sbhatti@sd40.bc.ca
- Mr. Stevens – Div. 4
mastevens@sd40.bc.ca
- Ms. Hikida – Div. 5MO
khikida@sd40.bc.ca
- Mr. Bamford – Div. 6
rbamford@sd40.bc.ca
- Mr. Wong – Div. 7MO
ddwong@sd40.bc.ca

- Mrs. MacLeod – Div. 8
emacleod@sd40.bc.ca
- Ms. Lee – Div. 9
mlee@sd40.bc.ca
- Ms. Lacey – Div. 10
slacey@sd40.bc.ca
- Mrs. Toufic – Div. 11MO
htoufic@sd40.bc.ca
- Ms. Tse – Div. 12
jtse@sd40.bc.ca
- Mrs. Kamagianis – Div. 13
dKamagianis@sd40.bc.ca
- Ms. Gong – Div. 14
cgong@sd40.bc.ca

- Ms. Thompson/Ms. Pelka – Div. 15
jthompson@sd40.bc.ca /
kpelka@sd40.bc.ca
- Mrs. Stewart/Mr. Elves – Div. 16
astewart@sd40.bc.ca /
deleves@sd40.bc.ca
- Ms. Stephanie – Div. 17MO
skwok@sd40.bc.ca
- Mrs. Whyte – Div. 18
swhyte@sd40.bc.ca
- Ms. Ballantyne – Div. 19
vballantyne@sd40.bc.ca
- Mrs. Simpson – Div. 20
jsimpson@sd40.bc.ca
- Ms. Mattarollo – Div. 21MO
bmattarollo@sd40.bc.ca