

Skwo:wech Newsletter

From the Office of
Skwo:wech Elementary
March 15 - April 5



Fuel Up! School Lunch Program

Please submit orders at least 2 business days ahead of time.
order.lunchlady.ca



Report Cards are available on MyEd
March 14th!

For information about how to log in, please refer to our website under "[Parents – Notices & Information – MyEducation BC Family Portal](#)"

We encourage all families to download and save a copy of their child's report card.

2024	MARCH				
Monday	Tuesday	Wednesday	Thursday	Friday	
				15	
				Spring Break	
18	19	20	21	22	
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	
25	26	27	28	29	
Spring Break	Spring Break	Spring Break	Spring Break	Good Friday School Closed	
01-Apr	2	3	4	5	
Easter Monday School Closed	First Day back to school Saleema Noon Parent Workshop 6:30pm via zoom meeting				

Mark Your Calendar



March 15 - 28
Spring Break
School Closed

March 29
Good Friday
School Closed

April 1
Easter Monday
School Closed

April 2
First day back to school

April 2
Body Science Workshop via zoom meeting
6:30pm

Happy Spring Break Skwo:wech Families!

Thank you to all our families for joining us at your child's learning conferences last week. Today, you can access your child's second term learning report via My Ed. This is a lovely time to spend with your child reviewing and celebrating their accomplishments of the past term and setting reasonable goals together for term three. Thank you for the thoughtful support and encouragement you provide at home to support your child's learning journey; please connect with your child's teacher if you have any questions.

We are inviting our families (parents and children) to come to school on Thursday, April 18th for a very fun and interactive evening where we will share information about our school Social and Emotional program called RULER. Families will have a chance to create their own Charter tool which you can take home. Our evening will begin at 6:30 and will last for approximately one hour. There will be a draw and prizes, please look for more information further in our Newsletter. Please circle the date!

We know everyone is looking forward to Spring Break, whether you are relaxing and enjoying the beauty of our local community or exploring new locations, we hope that your family enjoys the time away from regular routines and can relax and recharge! This year, we also wish those members of our community who celebrate Ramadan, 'Ramadan Mubarak' which in Arabic translates into happy or blessed Ramadan; and to those who celebrate Easter, a very happy Easter as well!

Best wishes for a happy, safe, and fun-filled spring break!

Division 10

**Inspired by Alma
Woodsey-Thomas**



Dear Skwo:wech families,

We are once again filled with enthusiasm for the upcoming Terry Fox Run which will take place on the morning of Friday April 12th, 2024 here at Skwo:wech.

As you may know, our annual Terry Fox Run is a cherished tradition that provides many learning opportunities for our students, but perhaps most importantly, it serves as a beacon of hope and support for those affected by cancer.

This year, we are determined to make a difference in the fight against cancer. The challenges of the pandemic have reminded us of the importance of coming together to support one another in times of need.

We invite and encourage everyone of you to join in this cause by participating in our fundraising activities. We have set a goal of raising at least \$500. Every contribution, no matter how big or small, makes a significant impact.

Terry Fox's courageous journey and unwavering determination to find a cure for cancer continue to inspire us all. By taking part in the Terry Fox Run and supporting our fundraising initiatives, we honour his legacy and help bring us one step closer to a world free of cancer.

To get involved or to learn more about our fundraising efforts, please visit our school's fundraising page (see link and QR code below). Together, let's make this year's Terry Fox Run the most successful one yet and show the world the power of community and compassion.

Thank you for your continued support, and please let us know if you would like to help us out with this year's run. You can contact Mr. Elves (delves@sd40.bc.ca) for further information.

With gratitude 😊.

[DONATE](#) to the Terry Fox Foundation for Cancer Research



Grade five school leaving celebration

Dear Parents and Guardians of grade five students,

Please circle June 25th for our school leaving celebration. Our theme this year is SURF's UP! Students are encouraged to wear relaxed, beach or summer wear. We will begin our celebration at 1:15. More information to follow regarding further details and ticketing.

Body Science Workshops - Saleema Noon Sexual Health Educator

We are delighted to let you know that our PAC has very generously funded having Body Science Workshops for our students from K-5. In advance of our student sessions, Saleema Noon Sexual Health educators will be providing a parent information event via Zoom on Tuesday April 2nd (please see the Zoom link below) where they will be sharing information about how to talk in an age-appropriate manner to your children about sexual and body health and about the content that will be covered with the children.

Body and sexual health is part of our Physical and Health education curriculum in our province. Following the parent session, the Saleema Noon Body health educators will be working directly with our students from K-5 on April 4th and 5th, to help them understand their bodies, how they change and what those changes mean. Please circle the date and join the parent information night, where all of your curious questions about this important content will be answered. We will be sharing more detailed information about these events in coming communications.

Topic: **Skwowech Parents** - Talk Sex Today with Julie - April 2nd, 2024 - 6:30pm

Time: Apr 2, 2024 06:30 PM Vancouver

Join Zoom Meeting

<https://us02web.zoom.us/j/81354247805?pwd=MUFWb1FxY1Ira2dNT2FTUTl3Y3ZqQT09>

Meeting ID: 813 5424 7805

Passcode: 724175

Dear Parents/Guardians,

Each year, students in all elementary grades throughout BC receive instruction in sexual health education. This information is included in the Physical and Health Education program mandated for all BC students by the Ministry of Education. From time to time, schools bring in experts in the field to address this topic with the school community. We are excited to inform you that this year Saleema Noon Sexual Health Educators will be visiting our school to work with parents and students in K to 5.

In their Body Science presentations, Saleema Noon and her team of experienced educators work with children of all ages, teaching them about healthy bodies and healthy sexuality in ways they find non-threatening and entertaining. In their own language, children learn about how their bodies change, and what those changes mean.

Based on research and many years of experience as sexual health educators, they identify three reasons why providing this information starting in kindergarten is crucial:

1. Most importantly, studies from all over the world consistently show that children who are educated about healthy bodies, healthy boundaries and healthy sexuality are at reduced risk of child sexual abuse. Even if children are not asking questions yet (some never will) we need to give them information about their bodies and help them to develop strong personal boundaries. Sexual offenders (the majority of which are known to the victim) prey on children who aren't educated about their bodies and therefore lack the skills to differentiate between appropriate and inappropriate touching. These children find it hard to say "no", especially to an adult, and may not report abuse for fear of getting in trouble.
2. Young children are easiest to teach. They are excited to be body scientists, and accept the information very matter-of-factly. Older children and teens, however, often find it difficult to talk about sexual health openly, especially with their parents! This means we have to navigate the embarrassment barrier before they can accept the information they need. The good news is that young children only absorb information they are ready for...everything else just goes over their head. More good news, studies show that children who learn about healthy bodies at an early age from reliable adults in their life delay sexual activity.
3. Children today are exposed at earlier and earlier ages to all things involving sex and sexuality. We, as responsible adults, need to stay one step ahead of this by arming our children with accurate information about sexual health before they get their questions answered on the playground, by older friends or online. We need to teach them to think critically about what they hear, and this allows parents need to establish themselves early as their child's number one source of sexual health information throughout their development.



Please join us for an informative **Parents Workshop via Zoom on April 2, 2024 6:30-8pm**. In this session, Saleema or a member of her team will give an overview of student presentations and, using humor and straight talk in an open, interactive environment, will show parents how easy it is to convey healthy, meaningful messages about sex and growing up to young children.

Student sessions will take place in person during the school day April 4th and 5th. The content of the presentations is supported by current research as being age appropriate and we believe that it contributes to healthy child development. Some of the topics Saleema Noon Sexual Health Educators cover in their workshops extend beyond the content of the BC Physical and Health Education curriculum. For this reason, parents may choose to have their children OPT OUT of the Body Science workshops. If you do not wish your child to attend, we ask that you notify our office no later than Wed April 3rd. Attendance at the parent presentation before making this decision is strongly encouraged.

Please also feel free to phone me at the school if you have any questions and/or concerns about Saleema Noon Sexual Health Educators' presentations.

Sincerely,

Kathleen Chad

Principal, Skwo:wech Elementary School



Family night at Skwo:wech: An Invitation!

Save the Date: April 18th Family Charter Evening

At Skwo:wech we understand that emotions matter! This year, we are proud to continue to implement The Anchors of Emotional Intelligence, the RULER program as part of our School Learning Plan. RULER is an evidence-based approach to social and emotional learning that was developed at Yale University which supports school communities integrate the practice of emotional intelligence into daily life.

Why do we care about social and emotional skills? Decades of research shows that emotional intelligence is essential to effective teaching and learning, sound decision making, physical and mental health, and success in school and beyond.

RULER teaches five key skills of emotional intelligence:

- R**ecognizing emotions in self and others
- U**nderstanding the causes and consequences of emotions
- L**abeling emotions accurately
- E**xpressing emotions appropriately
- R**egulating emotions effectively

You are invited to a fun evening to learn about one of the tools which are used daily at our school which would easily translate into your home! The Charter is one of the RULER Anchor tools we use to help build a positive, caring, and compassionate classroom climate – where all members support each other in achieving common goals, the great news is that this tool is easily used in your home. Please join us in the gym on Thursday, April 18th at 6:30 to create your own family charter. Please bring your whole family, your children will be the experts in guiding the creation of your own family charter. After the break we will send home a form where you can indicate that you are planning to attend!

We look forward to seeing many families join us!

Kathleen

elmacon



Join us on **Saturday, May 4, 2024**
At the University of British Columbia

ELMACON is Vancouver's **elementary math contest** for grades 5 - 7, which gives students the opportunity to experience math as an **exciting sport!** Prizes include: electronics, gadgets, games, and more!

For registration and more details visit <https://elmacon.org>.
Questions? elmacon@pims.math.ca or (604) 822-3922

Deadline: April 14, 2024

Fee: \$30

Location: UBC Earth Sciences Building, 2207 Main Mall, Vancouver

MAY

ELMACON is funded and run by



SCIENCE RENDEZVOUS is back!

| Join the fun and get ready to **CREATE!** on **May 11, 2024**. Science Rendezvous is a **FREE** destival that takes science, technology engineering, art, and math (**STEAM**) research and innovation out of the lab and onto the street.

Visit the Science Rendezvous UBC website at
https://www.sciencerendezvous.ca/event_sites/ubc/

Location: UBC Beaty Biodiversity Museum + Multiple sites on campus.

MAY

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: May 6 - Jun 17 (6 sessions)

No class on May 20

Registration Fee: \$97.50

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

Fearless FitKidz (Grades 3 - 5)

Fearless FitKidz presents fun and exciting track and field activities in a healthy and encouraging atmosphere.

Gym

Thursdays, 3:00 - 4:30pm

Date: May 16 - Jun 20

Registration Fee: \$25.00

To register, please visit: <https://app.univerusrec.com/sd40pub/>

Musical Theatre (Grades 3 - 5)

Sing, dance, and act, and expand your fundamental musical theatre skills. Includes basic singing, dancing, acting, and games. Increase your artistic skills, and end in a collaborative mini performance.

Music Room

Wednesdays, 3:00 - 4:30pm

Date: May 1 - Jun 5 (6 sessions)

Registration Fee: \$83.25

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

WALK 30TM CHALLENGE

30 min for 30 days

JOIN US!

April 1st- 30th

Registration opens March 1st



Improve

Health



Strengthen

Community



Rethink

Transportation

VISIT OUR WEBSITE:

www.walk30.ca

REGISTER:



Powered By
BEST
www.best.bc.ca



NEW WESTMINSTER





DOUGLAS COLLEGE

SPRING BREAK CAMPS

MAR. 18-22, 25-28

WITH A TON OF OFFERINGS, OUR SPRING BREAK CAMPS
HAVE SOMETHING FOR EVERYONE!



DOUGLAS COLLEGE

Are you looking to keep your kids safe and active over the spring break? Are they interested in sports like basketball, soccer, and badminton? Or maybe they are budding artists and writers who want to express their creativity? Maybe a little bit of both? With a variety of camp offerings there is something for everyone.

- Camps run from March 18-22, and 25-28
- Half and full day camps available
- Locations in New Westminster and Coquitlam



SCAN TO VISIT OUR WEBSITE
AND REGISTER ONLINE

Financial Assistance & **Jumpstart Grants** for 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)

Visit the New Westminster Parks & Recreation website for more details and for the upcoming Spring session program registration dates:

<https://www.newwestcity.ca/parks-and-recreation/recreation/active-living-guide-and-brochures>

Jumpstart 2024 Funding Applications are open.

For more information about Jumpstart grants in 2024 visit:

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

Please note, Ms. Smith (tsmith@sd40.bc.ca) is available to assist with applications.



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. Enrollment 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.