

Skwo:wech Newsletter

From the Office of
Skwo:wech Elementary
March 4 - March 29



Fuel Up! School Lunch Program

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



Report Cards will be 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	
4	5	6	7	8	
		Early Dismissal 12:05pm Learning Conferences	Early Dismissal 12:05pm Learning Conferences		
11	12	13	14	15	
			Term 2 Report Cards Published Last day before Spring Break	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	

Mark Your Calendar



March 6 & 7

Early Dismissal 12:05pm
Learning Conferences

March 14

Term 2 Report Cards Published
Last day before Spring Break

March 15 - 28

Spring Break
School Closed

March 29

Good Friday
School Closed

April 1

Easter Monday
School Closed

Dear Skwo:wech families,

As we begin a new month of learning at Skwo:wech, we want to take the opportunity to acknowledge and celebrate some of the important work that our students have been engaged in within their classrooms as well as throughout the school more recently.

As part of Black History Month in February, many classes were learning about the challenges, contributions, and achievements of various individuals throughout history both in Canada and beyond. The messaging throughout the learning was to help the children better understand at their level the struggles and triumphs along with finding ways that we can all commit ourselves to creating a more just and equitable society for everyone.

Over the past few weeks, we have focused on continuing to create a culture of compassion and kindness at Skwo:wech through a variety of activities and initiatives. Mr. Walter worked with many students in grades 2, 3 and 4 as part of the Kindness Club to spread positive and thoughtful messages throughout the school. Also, our amazing grade 5 student leaders worked as a team to put together and present our school's Pink Shirt Day assembly this past Monday February 26th to help our whole school community work together to show how kindness always wins!

Finally, we are looking forward to welcoming our families to the student learning conferences next Wednesday and Thursday at which time your children will have the opportunity to share with you their successes and achievements, as well as identifying and sharing new goals that will enable continued success and further growth.

Wishing everyone a wonderful weekend!

With gratitude, Mr. Elves



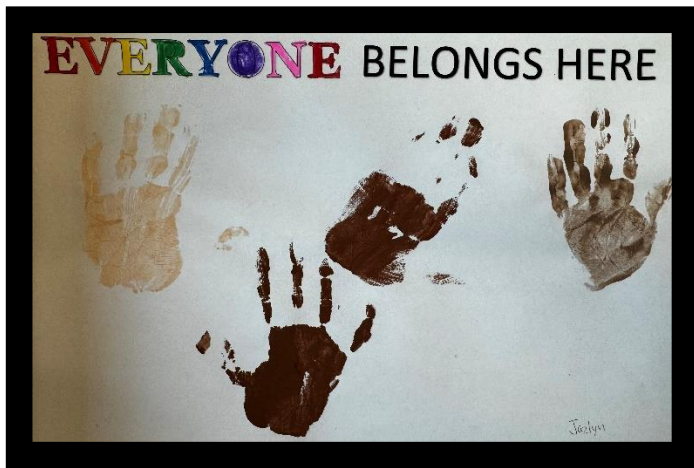




Division 2 - Mrs. Gibson



Division 20 - Mrs. Simpson



KINDERGARTEN PINK SHIRT DAY



PINK SHIRT DAY - DIVISION 17



Pink Shirt Day - División 18



Thank you for your Neufeld's orders!

Please remember to pick up your order from the school parking lot tomorrow, Sat March 2, at 1130am. **If you have a large order, please arrive 5-10 minutes early so we can unload your items first.**

Please note we are unable to freeze anyone's order so please ensure you arrange for someone to pick up your order if you are unable to.



March – Spring health

Spring health for kids

The spring season is approaching which means warmer weather and more outdoor activities. It's also an opportunity to foster new healthy habits for our children. Here are five practical tips for school-aged kids to make the most of this season.

Get active

Warmer weather makes spring the perfect time to get outside and play. Take a walk around your neighbourhood or head to a local park or hiking trail. You can also stay active close to home with some [backyard](#) jump rope or hopscotch.

Think fresh

Springtime often brings up images of fresh fruits and produce. Now is a great time to teach children about where food comes by helping them to start their own home garden. You don't need a large space to get started. Strawberries, [tomatoes](#) and lettuce can all be grown from pots on a sundeck.

Be sun safe

Sun burns are possible even in spring. Use a sunscreen that has Sun Protection Factor (SPF) 30 or more. When possible, schedule outdoor activities in the morning or late afternoon and early evening. If you and your children are out in the sun during mid-day hours, wear long sleeves, loose-fitting long [pants](#) and a hat with a wide brim.

Support positive mental health

The best way to support positive mental health in your children is by forming strong and caring relationships with them. Make time for connection each day. Talk to them about their feelings and experiences.

Practice road safety

Biking is a great way to exercise and spend quality time with your family. Remember to keep safety top of mind. Protect their heads with a well-fitted helmet and teach them the rules of the road, such as the hand signals for stop, right and left-hand turns.

Find more tips for a healthy spring in Fraser Health's Spring Health Guide: <https://ow.ly/HR5150Pez9Y>

Social media posts:

Facebook

As the spring season approaches, help your child start their own home garden to teach them where food comes from. For more tips for a healthy spring in Fraser Health's Spring Health Guide: <https://ow.ly/l8pw50Pezal>.

Twitter

[Spring time](#) means more fun outdoor activities for children, like riding bikes and scooters. It's a good time to remind your child about road safety and how to protect themselves. Learn more about spring safety in Fraser Health's Spring Health Guide: <https://ow.ly/lYzt50PezaW>.

Instagram

Get active this spring season by taking a walk around the neighborhood or on a hiking trail. For more spring health tips in Fraser Health's Spring Health Guide: <https://ow.ly/6uQ450PezaM>.

Image to use with article or social media posts:



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.





SPRING FLAG FOOTBALL
AGES 6 – 15YRS OLD
PRACTICES START MARCH 2024



REGISTER NOW!



For more info visit:

<https://rchfc.hyackfootball.com/programs/>



2024 FEES

- **U7 Program**
 - Early Bird (ends January 31, 2024): \$130
 - Regular Fee (after February 1st, 2024): \$230
- **U10 and up**
 - Early Bird (ends January 31, 2024): \$150
 - Regular Fee (after February 1st, 2024): \$250



JUNIOR PROGRAM

Burnaby Lake junior field hockey provides an opportunity for young boys and girls to get involved in our sport. Field hockey is a team sport where the emphasis is on participation, teamwork, and fun. It is a fitness activity that is well suited to children's exercise requirements, with plenty of running over short distances (chasing the ball), and good development of eye-hand-foot coordination.

AGE GROUPS

CO-ED	GIRLS	BOYS
U7: Born 2017 - 2018	U12: Born 2012- 2013	U12: Born 2012 and younger
U10: Born 2014 - 2016	U14: Born 2010- 2011	U14: Born 2010- 2011
	U16: Born 2008- 2009	
	U18: 2006-2007	

IMPORTANT INFORMATION

Dates: April 1-June 15
Practices: One practice per week on a turf field in Burnaby
Games: Saturdays or Sundays
Uniform: Players will be provided with a uniform and socks with registration. Please wear black shorts.

WEBSITE: [BURNABYFIELDHOCKEY.COM](https://burnabyfieldhockey.com)

MANDATORY EQUIPMENT

• Stick	• Soccer shin pads
• Mouthguard	• Runners or Cleats

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.