

Skwo:wech Newsletter

From the Office of
Skwo:wech Elementary
April 15 - May 3






Fuel Up! School Lunch Program

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



Terry Fox Run

If your family would like to make a donation to The Terry Fox Foundation in recognition of our school participation in The Terry Fox Run, you can still [DONATE](#) to the Terry Fox Foundation for Cancer Research for the next few days!

2024	 APRIL 			
Monday	Tuesday	Wednesday	Thursday	Friday
15	16	17	18	19
	Please make sure to return your Charter Family Night slip		Elementary Collaboration Day (Early Dismissal 12:05pm) Charter Family Night 6:30pm	White Spot Fun Lunch!
22	23	24	25	26
			PAC Meeting (In Person 7pm)	Non-Instructional Day (School closed for students)
29	30	01-May	2	3

Mark Your Calendar



April 18
Elementary Collaboration Day
(Early dismissal 12:05pm)

Charter Evening Night 6:30pm

April 25
PAC Meeting – 7pm in person

April 26
Non-Instructional Day
(No School for Students)

Dear Skwo:wech families,

Today marks the 44th anniversary of the first day of Terry Fox Marathon of Hope, when Terry began his run across Canada to raise funds and awareness for cancer research. Terry Fox is a true Canadian Hero, and we hope that our students were inspired by Terry's selfless actions and learning about the dedication and commitment of this incredible Canadian hero. Our students were encouraged to 'try like Terry,' 'be determined like Terry,' 'persevere like Terry,' and 'to be humble like Terry.' We were overwhelmed with gratitude for the many families who took time from your busy week to join us this morning for family reading and for our Terry Fox run. A special big note of gratitude to those who either joined in the run or helped to guide our students safely along their path, your support made this a lovely community event.

The big question from all our students today...did we raise enough money for pink hair??? While we do not have a final count yet for our fund-raising efforts, Ms. Simpson, Mr. Elves, and I have promised to dye our hair pink if we raise \$1000.00. The coin circulator will be at school for a few days next week and our fundraising link will be accessible over the weekend. Let us keep those toonies coming in for Cancer research and we will share our fundraising total next week!!

We are looking forward to our Family Charter night on Thursday. Please send in your confirmation slip by Tuesday if your family can attend. We are delighted to know that so many families will be joining us.

We wish everyone an enjoyable weekend! Mrs. Chad



Collecting coins for the Terry Fox Foundation and having fun with our Terry Fox Run!



Try like Terry!



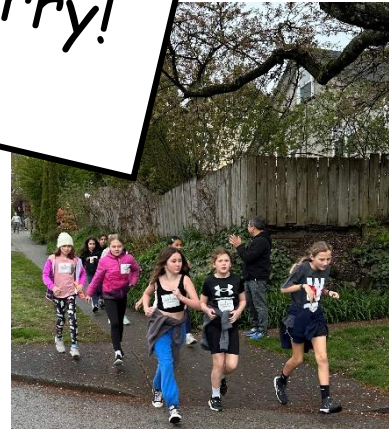


Be determined like Terry!





Be humble
like Terry!



High five
for the
first
runner in!!!



Family Reading...





JOIN US for our

SKWO:WECH FAMILY Charter Evening

Thursday April 18th

6:30 – 7:45pm

Skwo:wech Gym

Families will learn about our Social Emotional school-wide program, and will create and take home your very own Family Charter.

Please bring your whole family, and your children will be the experts in guiding the creation of your own Family Charter.

If you are able to bring and share a NUT FREE dessert or finger food that would be most appreciated 😊.



Building an Emotionally Intelligent School Community

April – Outside play, physical activity and injury prevention

Get outside and play

Physical activity is a necessary requirement for optimal health – and the benefits are even greater if you can do it outdoors.

Regular physical activity in childhood helps to develop cardiovascular fitness, muscle strength and bone density, and being outdoors is known to improve mental health.

There are many benefits to unstructured, outside play. When children spend time outside, they:

1. **Sit less, move more and play longer** – key to cardiovascular health and fitness.
2. **Have healthier eyes** – 10+ hours a week outside reduces nearsightedness risks.
3. **Sleep better** – sunlight helps regulate melatonin and sleep patterns.
4. **Enjoy improved mood** – exercise reduces symptoms of anxiety and depression.
5. **Feel more connected to nature** – experience calm and develop mindfulness.

Planning active outings doesn't have to be challenging or costly. Here are some ideas that you can try this week:

- Go for a walk or hike – try these [10 hikes to take your kids on this summer](#).
- Play in a forest or park – try a new [regional park](#) every day for a week.
- Climb a tree – this [Vancouver climbing tree](#) is [inspiring](#), but start smaller!
- Explore a local stream – check these [beautiful watershed walks](#) in the region.
- Play hopscotch or jump rope – try teaching these [six fun jump rope games](#).
- Swim at the pool, waterpark or beach – check [beach safety conditions](#) first.
- Ride a bike or scooter – find [easy, family-friendly cycling routes](#).
- Visit farms, fish hatcheries and bird sanctuaries – this [local family fun guide](#) has unique ideas.

Find more ideas to keep your kids active through the year on Fraser Health's website: <https://ow.ly/lrmm50PezbK>

Physical activity is a necessary requirement for optimal health in children. Visit Fraser Health's website to learn about the importance of physical activity and how to incorporate it into your child's daily activities: <https://ow.ly/e3Zq50Pezc4>.

Twitter

Visit Fraser Health's website to find out how much physical activity is recommended for your child as well as tips to support your child to be physically active: <https://ow.ly/VFMv50PezeJ>.

Instagram

There are many benefits for children who play outside, like cardiovascular health, better sleep and improved mood. Fraser Health's guide to outdoor play can help you plan outdoor activities even when you're on a tight schedule: <https://ow.ly/x2E850Pezcn>.

Image to use with article or social media posts:



 fraserhealth

Preparing for Next Year

Very soon our staff will be working together to plan class placements for next year. As a staff team we carefully and thoughtfully consider many factors in determining the organization of our classes. Some of these factors include: learning styles, social and emotional considerations, learning support needs, students' strengths and needs, leadership skills and class size. As educators, this is a process that is taken very seriously and is one which we value. We work carefully to balance the needs of individual students as well as the needs of the class as a whole. Parents are often able to provide the school with information that can assist in the placement of students. If you feel you have information of a nature that will be helpful related to your child's academic, social/emotional or physical needs, please send a note summarising these details to the office email between May 1st-May 31st.

Please send your message to skwowech@sd40.bc.ca and **indicate in the subject line "Classroom Placement"**. It is requested, to respect fairness and equity that parents/guardians not ask for a specific teacher or class.

Grade five school leaving celebration!

Dear Parents and Guardians of grade five students,

Please circle June 20th 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.

Moving to a new school next year

If anyone is already aware that their child will not be returning to Skwo:wech Elementary in September 2024 for kindergarten through Grade 5 due to moving or other reasons, please let the office know as soon as possible at skwowech@sd40.bc.ca

skwo:wech PAC presents

STAY SAFE



The Skwo:wech PAC is excited to present "Staying Safe Home Alone", a workshop operated by First Aid Hero (a Canadian Red Cross Trainer Partner)

- WHAT:** \$65 for a 6-hour workshop aimed at teaching kids the basics of staying safe when home alone
- WHEN:** Friday, April 26 (Non-Instructional Day) - 9am to 3pm
- WHERE:** Skwo:wech Elementary
- WHO:** 9 years old+ (Grades 4 & 5)

Content includes:

- Basic first aid skills such as wound care, choking, and calling 9-1-1
- How to stay safe at home and within the community
- How to prepare for, recognize, and respond to unexpected situations
- Other safety skills to empower and enhance self-confidence

Important

There is a maximum of 30 spots for this workshop.

Registration is first come, first served with confirmed payment. Please fill out the pre-registration form to express your interest by April 19. The first 30 registrants will receive confirmation of registration and a request for payment. If this workshop is popular, we will run another one in the future.

To pre-register, go to: www.tinyurl.com/skwowechhomealone24

Questions? Email skwowechnpac@gmail.com

For more info about First Aid Hero, go to: www.firstaidhero.com

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 Pacific Institute for the Mathematical Sciences



SCIENCE RENDEZVOUS is back!

Join the fun and get ready to **CREATE!** on **May 11, 2024**. Science Rendezvous is a **FREE** festival 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

WALK 30[™] 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** **TRANS LINK** **NEW WESTFOSTER**



New
Westminster
Schools

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/sd4opub/>

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

