



Wowk News / April 24 - 28

April 24 Monday	Track Attack - Grades 3 - 7
April 25 Tuesday	Track Attack - Grades 3 - 7 DARE Program for Grade 5s
April 26 Wednesday	Track Attack - Grades 3 - 7 PAC Pizza Day
April 27 Thursday	Track Attack - Grades 3 - 7 PAC Hot Lunch
April 28 Friday	Track Attack - Grades 3 - 7 Fire Drill @11:50 am

Bake Sale - Friday, April 21st

We want to sincerely thank our young bakers Aubrey and Jocelyn in Div 5 for generously hosting this event in support of the Outdoor Ed experience for our grade 6 and 7 students. The funds raised from the bake sale are going towards supporting the cost of transportation to and from Camp Cheakamus. The thoughtfulness of both Aubrey and Jocelyn (as well as the team who supported the students) is an excellent example of our *Jessie Wowk Cares* language and what it means to Care for Others. Well done you two!

Track Attack - April 24th - 28th

We're excited to announce that *Track Attack* is starting for students in grades 3 - 7 this Monday, April, 24th. This is an opportunity for our students to learn about the sport of Track and Field and participate in a variety of physical activities here at the school for a total of 5 days from 11:00 - 11:55 am. We ask that each day students arrive to school in comfortable clothing and footwear that they can run and move around in. The event is weather dependant and if a day is missed due to rain we will carry on the following day until 5 days of Track Attack have been completed.

Why Do We do Track Attack?

There are many reasons for a school to take on a Track Attack program. It's an excellent opportunity to build community and everyone participates in physical activities that help build confidence and help us learn about our strengths as learners. It is also an excellent way to learn about which events student may particularly enjoy and compete in at a District Zone Track Meet. Here at Wowk, this year we will be participating in a District Track Meet at Minoru Field on Thursday, May 18th. We are currently in the planning phase for this event and there will be more information coming to families in the very near future including information regarding health and safety, transportation, schedule, etc. We're excited to be able to welcome back this Richmond tradition to our Jessie Wowk community and for our students to be able to participate in such a fun and enjoyable event. We encourage each of our students to go into Track Attack with an open mind and to try new things and challenge themselves.

Earth Week - A Newsletter from Ms. Li

Ms. Li has put together the attached flyer that includes some wonderful ideas of how families can become involved in some meaningful Earth Week activities that are being organized by the City of Richmond. Please be sure to take a moment to look through these interesting activities that support our community in learning more about the importance of Earth Week.

As part of Mental Health Week (May 1st - 7th), Richmond SD 38 presents....

Information Session for Parents, Guardians, and Caregivers
Tuesday, May 2, 2023 (on Zoom)
6:30 - 8 pm
Holding Onto Our Kids in a Digital World
Dr. Deborah MacNamara

As if parenting wasn't hard enough in having to deal with screens, peer pressure on kids - and then we had to add a pandemic on top of it! How can we hold on to our kids so we can influence and guide them? What do kids really need from us so as to grow into socially and emotionally responsible beings? This presentation will discuss issues from technology to peer problems and how parents are the ultimate answer for what kids need most of all. Practical suggestions for (re)building strong relationships with kids from preschoolers to teenagers will be discussed along with managing challenging behaviour - including screen time!

BIO

Dr. Deborah MacNamara is the author of *Rest, Play, Grow: Making Sense of Preschoolers* (or anyone who acts like one), and her children's picture book, *The Sorry Plane*. She is on Faculty at the Neufeld Institute and Director of the counselling practice, *Kid's Best Bet*.



Parents, guardians, and caregivers can [click here](#) to register or use the QR code in the attached flyer – please register by Friday, April 28, 2023.

Eid Mubarak!

As the month of Ramadhan comes to an end, we would like to extend a Happy Eid Mubarak to all our Muslim students and families. May your celebrations during this special time bring peace, happiness, and prosperity and of course lots of special foods to everyone! Happy Eid from our school family to yours!



PAC News

PAC Meeting (6:30 PM April 25th)

Parents and guardians are invited to attend our PAC Meeting on Tuesday, April 25th at 6:30 PM in the school library. This is a great opportunity to stay updated in your child's school and upcoming events. Thank you.

Here is the link for those who would like to attend online: [Jessie Wowk PAC Meeting](#)

Important Dates Coming Up

- May 1 - 3 - Outdoor Ed for Grades 6/7
- May 12 - Welcome to Kindergarten
- May 19 - Professional Development Day
- May 22 - Victoria Day / No School
- June 9 - Sports Day

Equity, Diversity and Inclusion Dates (April)

- Sikh Heritage Month
- March 22 - April 21 - Ramadan (Islam)
- April 5 - 13 - Pesach (Judaism)
- April 6 - Hanuman Jayanti (Hinduism)
- April 7 - Good Friday (Christianity)
- April 8 - Vesak (Buddhism)
- April 9 - Easter Sunday (Christianity)
- April 10 - Easter Monday (Christianity)



April 14 - Vaisakhi (Sikhism)

April 21 / 22 - Eid - al - Fitr (Islam)

Thank you for taking the time to read this important information for our Jessie Wowk Community. As always, if you have any questions, please contact us here at the school.
Sincerely,

Mr. Chris Daum
Principal / Jessie Wowk Elementary
cdaum@sd38.bc.ca
[604-668-6198](tel:604-668-6198)



Questions about symptoms and wondering if a Covid test is needed? Please go to:

<https://covidcheck.gov.bc.ca/>



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