Principal: Mr. C. Daum



Jessie Wowk News / February 26 - March 1

February 26 Monday	
February 27 Tuesday	Steveston London Basketball Tournament – Schedule to Be Shared with Families Fruit and Veggie Program
February 28 Wednesday	Hot Lunch: Pizza Day (Order on Munch-a-Lunch) Pink Shirt Day / Pink Shirt Day Assembly at 1:15 pm — Wear PINK © if you have it Steveston London Basketball Tournament — Schedule to Be Shared with Families
February 29 Thursday	Hot Lunch: (Order on Munch-a-Lunch) Steveston London Basketball Tournament – Schedule to Be Shared with Families Student Led Conferences and Early Dismissal at 11:50 pm
March 1 Friday	

Pink Shirt Day and Ten Days of Caring at Jessie Wowk / February 14th - 28th





We are well into our Ten Days of Caring here at Wowk and it has been fabulous to see the variety of ways that our students have demonstrated kindness and how they are Caring for Self, Others and Place in our school community.

You can see in the photo the ways the tree has grown through the wonderful actions of our students and the efforts of our staff to help recognize and name them. The purpose of our Ten Days of Caring is to bring awareness to how everyone can make valuable contributions toward making our school a positive and caring learning community for everyone. As mentioned in last week's newsletter, we'll be celebrating the conclusion of our Ten Days of Caring during our Pink Shirt Day assembly on Wednesday, February 28th and families are welcome to attend and celebrate with us during this assembly.

The History of Pink Shirt Day - In 2007 in Berwick Nova Scotia, after a new student at their school was bullied for wearing a pink shirt, two grade 12 students bought 50 pink shirts and encouraged their classmates to wear pink. The next day they went to hand out the shirts and to their surprise, the majority of students arrived wearing pink! Today Pink Shirt Day is a global movement against bullying that began from this simple act of kindness and empathy. On this day, we wear pink to symbolize our commitment to creating a safe and inclusive environment for all and all students are encouraged to wear pink to school for our Pink Shirt Day here at Jessie Wowk on Wednesday, February 28th.

Early Dismissal – Thursday, February 29th

This is a reminder for families that students will be dismissed from school for conferences at 11:50 am on Thursday, February 29th. If you have any questions regarding your child(ren)'s conference time or the conference in general, please connect with their teacher. We also recognize that early dismissal falls on a hot lunch day and orders will be given to students to take home with them. Or, if you would prefer, families have the option to cancel their orders by this Sunday, February 25th.

Generation Health (For Families with Kids Aged 8 – 12)

Generation health is a FREE program for families with children ages 8-12 years old offered in communities across B.C. The program is for families who want to be on a healthy lifestyle path. It is for families to complete together, at least one parent or caregiver must attend the sessions with the child (it does not need to be the same parent or caregiver each week). The program is offered both Virtually via Zoom for families across British Columbia, and In-Person in many communities. It was designed in B.C. by healthy lifestyle and behaviour change experts.

- The program supports participants to make family changes to health behaviours such as healthy eating, physical activity, positive mental health, screen time, and sleep.
- The focus is on practical, fun activities that build family connectedness while building both the parent and child's skills to make lasting changes. The positive mental health components aim to build resilience and self-confidence.

During the 9-week program, families in Weekly Group Sessions are also offered:

- 3 virtual group cooking classes led by a Registered Dietitian
- 1 virtual group Q&A / info session with a Registered Dietitian
- 1 virtual group Q&A / info session with a Mental Health Specialist
- After successfully completing the program, families will receive a family recreation centre pass, continued access to the mobile App, and our monthly healthy living e-newsletter.

The Richmond program is offered at the Cambie Community Center:

Dates: Sundays February 11 – April 14, 2024. Registration will be open until February 18, 2024. Times: 1:00-

3:00pm

Locations: Cambie Community Centre



**Does this program not work for your family's schedule? We also have BC wide virtual via Zoom programs, visit www.generationhealth.ca to see all the program times and locations. To register, find exact program dates, or find out more about the program:

Phone: 604-251-2229

Email: registration@generationhealth.ca

Website: https://generationhealth.ca/registration-contact/





Learn together about:

- Healthy Eating
- Physical Activity
- Positive Mental Health
- Screen Time
- Sleep Routines



In-Person at The Cambie Community Centre in Richmond BC. Sundays 1:00 - 3:00pm, February 11 - April 14, 2024

Register for the programs today at:

info@generationhealth.ca

www.generationhealth.ca



Childh<mark>oo</mark>d Hea<mark>l</mark>thy Living Foundation







JustB4 Preschool: Registration for September 2024 Intake Opens Soon

Children born in 2020 are eligible for the September 2024 intake of our district operated Just B4 Preschool program. Registration opens the first week of March. Please see the flyer below for more details.



Registration for September 2024 opens soon! Children born in 2020 may apply

Our preschool program is specifically designed for 4-year old children (born in 2020) to attend Just B4 with the hope of inspiring and supporting the creation of rich, joyful early childhood spaces. Our approach is emergent, play-based and focuses on children's natural inquiries.

"The image of the child is upheld in the belief that children are strong and capable in their uniqueness and full of potential."

PROGRAMS

Just B4 - Lee Elementary

M/W/F Program (9:00 – 11:30 am)

Just B4 – Lee Elementary

T/Th Program (9:00 – 11:30 am)

Just B4 – Grauer Elementary

M/W/F Program (12:30 – 3:00 pm)

Just B4 - Grauer Elementary

T/Th Program (12:30 – 3:00 pm)

Just B4 – Grauer Elementary

M/T/W/Th/F Program (12:30 – 3:00 pm)

Apply online in the beginning of March 2024:

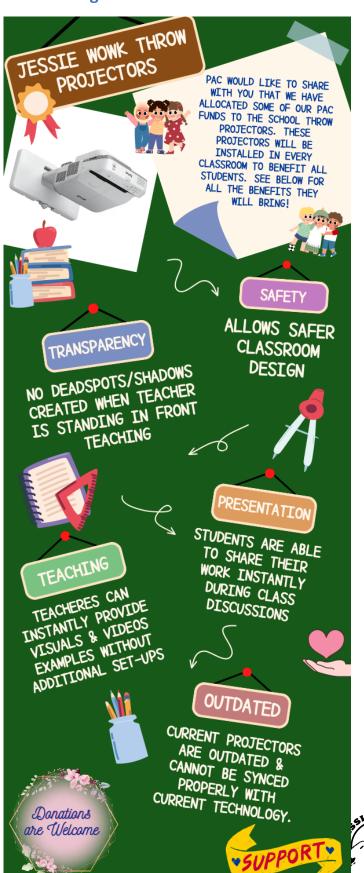
https://sd38.bc.ca/programs/early-learningprograms/just-b4-preschool







PAC Message and Announcements



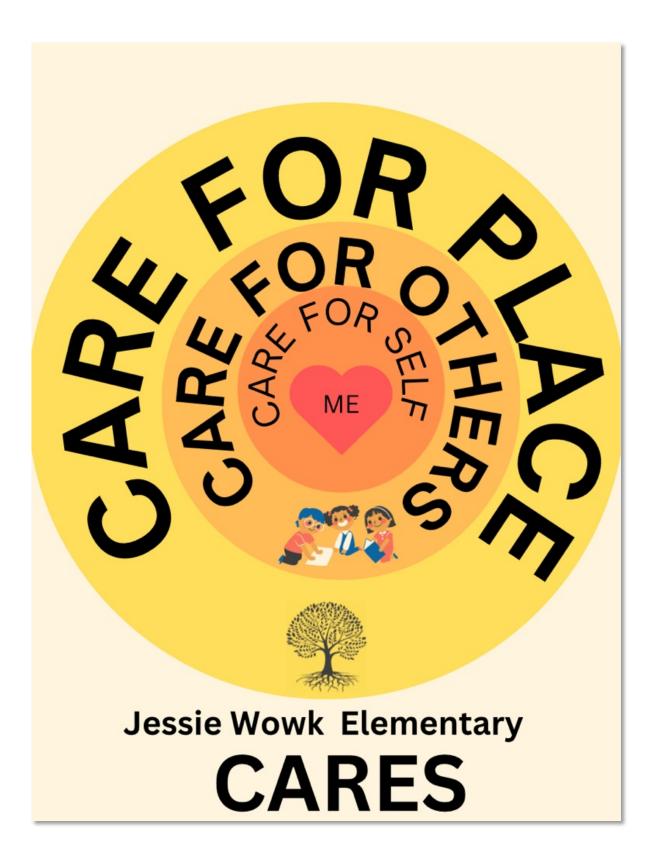
Hot Lunch This Thursday

We also recognize that early dismissal falls on a hot lunch day and orders will be given to students to take home with them. Or, if you would prefer, families have the option to cancel their orders by this Sunday, February 25th.





GREAT & EASY WAY TO FUNDRAISE FOR OUR SCHOOL BY RECYCLING YOUR BOTTLES FROM HOME!





HOW WE LEARN AND WORK TOGETHER

The Board of Education recognizes its obligation to provide all members of our school district community with a positive climate and a safe, healthy environment.

As we learn and work together, we will...

- Show respect for the diversity of the members of our school and district community.
- Behave in a safe, considerate and courteous manner.
- Not threaten, harass, intimidate or assault, in any way, any person within our school district community, through physical violence, print or electronic media.
- Not be in possession of weapons, dangerous articles, alcohol or illegal drugs while in school or work.
- Show respect and pride in our school district buildings and equipment through care and appropriate use of school district property.
- Respect the non smoking environment of our schools and school district facilities.

Our expectations for how we learn and work together shall apply to everyone in our schools and at school functions.

The complete code of conduct is available online at:

sd38.bc.ca/codeofconduct



Important Dates Coming Up

<u>February</u>

16 – Professional Development Day

19 – Family Day Weekend

23 - Fire Drill

28 - Pink Shirt Day

29 – Student Led Conferences / Dismissal

at 11:50 am

March

8 – Earthquake Drill

14 – Last Day before Spring Break

Equity, Diversity and Inclusion Dates (February)

February is Black History Month

10 – Lunar New Year

14 – Vasant Panchami

14 – Ash Wednesday

14 – National Day of Action to Honour Missing Murdered Indigenous Women, Girls, Trans and

2 – Spirited

15 - Nirvana Day

19 - Family Day

20 - World Day of Social Justice

21 – International Mother Language Day

24 – Lantern Festival

24 – Magha Puja Day

28 - Pink Shirt Day

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

