

Parent News

Week of March 7

MONDAY, March 7, 2022

- **Meatless Monday: Bring a meat-free lunch to school**

TUESDAY, March 8, 2022

WEDNESDAY, March 9, 2022

- **Skip to School Day: Leave the car at home and skip (or walk, bike jog etc.) to school**

THURSDAY, March 10, 2022

FRIDAY, March 11, 2022

- **Wacky Warm Socks Day: Wear your warmest, wackiest socks to school**
- Term 2 report cards will be posted at 3pm
- Last day of school before Spring Break

BELL SCHEDULE

8:50 a.m. Welcome Bell (Group A)
8:55 a.m. Group B enters
8:55 a.m. Instruction
10:25 a.m. Recess
10:40 a.m. Instruction
12:24 p.m. Group A Lunch
12:47 p.m. Group A Outside
12:24 p.m. Group B Outside
12:47 p.m. Group B Lunch
1:10 p.m. Instruction
3:00 p.m. Dismissal



COMING UP

- **Mar 14-25:** Spring Break – school closed
- **Mar 28:** Schools reopen
- **April 14:** Non-Instructional Day – no school
- **April 15:** Good Friday – no school
- **April 18:** Easter Monday – no school
- **April 21:** Fire Drill
- **May 3:** Collaboration Day – Early Dismissal @ 12:24
- **May 13:** Fire drill
- **May 20:** Non-instructional Day – no school
- **May 23:** Victoria Day Statutory Holiday
- **June 1:** Panorama & Class Photos
- **June 21:** National Indigenous Peoples Day
- **June 28:** Final Report Card is posted at 3pm
- **June 28:** Gr 5 Acknowledgement/Year End Assembly

2021-2022 SCHOOL GOAL

Our school goal this year is to build positive and caring relationships that strengthen school climate.

FIRST NATIONS TERRITORIAL ACKNOWLEDGEMENT

Westminster Schools recognizes and acknowledges the Qayqayt First Nation, as well as all the Coast Salish peoples, on whose traditional and unceded territories we live, we learn, we play and we do our work.



CANADA'S CHOCOLATIER SINCE 1907

Can you help us reach our fundraising goals?



We get 25% back in fundraising profits from every sale—and you get chocolates crafted in Canada with premium-quality ingredients and 100% sustainable cocoa.



Thank you for your support!

WHO WE ARE

Tweedsmuir PAC

WE'RE FUNDRAISING FOR

Ecole Lord Tweedsmuir Elementary School

ORDER ONLINE:

1. Sign in or create a new supporter account either by clicking the link sent to you by our coordinator or by visiting <https://fundraising.purdys.com/join.aspx>
2. If you're creating a new account, please enter the customer number below on the registration page.
3. If you're signing into an existing account, enter the number below into the search bar that will come up after you've signed in.
4. Click on **JOIN CAMPAIGN**.

51435

CUSTOMER NUMBER

PLACE & PAY FOR ORDERS BY:

Sunday March 20th 2022

DATE

PICK UP ORDERS ON:

Sunday April 3rd 2022

DATE

AT:

1714 8th Ave @ the side of the school by the

LOCATION

If you have any questions, please contact our coordinator.

Enza Esposito

COORDINATOR NAME

604-339-1740

PHONE

fundraising.tweedspac@gmail.com

EMAIL



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Virtual Event for Parents

March 9th
6:30pm - 7:30pm
To register, please
visit:

<https://youandyouryouth.eventbrite.ca>

Presenter: Dr. Saira
Sabzaali

The Zoom link is
available on the
Eventbrite page when
you register.

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If you have any
questions, please
contact us at
wellness@sd40.bc.ca or
604-517-6291

Wellness Centre Series: You and Your Youth

New Westminster Schools invites you to join us virtually for our Wellness Centre Series for parents and caregivers.

Session 1: "Is this Normal?" An Exploration of the Teenage Brain

- Intro to Child/Youth Development
- The Brain's Evolution from Childhood to Adolescence
- How to Support Your Child As They Grow and Evolve

Dr. Saira Sabzaali is a Registered Clinical Counsellor with a Ph.D. in Transpersonal Psychology. She is the Clinical Director of Dragonfly Wellness Centre, an online hub for mental health, personal growth, and counselling. She works with adults from diverse cultural backgrounds who are looking for a new approach to mental health and want to incorporate their cultural values and spiritual beliefs into therapy. She specializes in depression, anxiety, family harmony and burn-out.

Dr. Saira has delivered two TEDx talks and is involved in teaching and curriculum development in the Clinical Counselling program at Stenberg college. She enjoys reading, writing poetry, and volunteering in the community, and lives in a small town on Shuswap Lake with her husband and two kids in the Okanagan Valley.



New
Westminster
Schools

*The Wellness Centre is a community hub promoting healthy living
through barrier-free access to services and supports for students
and families in New Westminster.*

SCHOOL CLIMATE/CULTURE SURVEY



This year our school goal focuses on building positive and caring relationships that strengthen school climate. As part of our action plan, we would like the parents' input to help us identify our strengths and opportunities for growth with the end goal of providing the best possible school environment for all learners in our school community. Please find the link below to fill out the survey by **Friday, April 1, 2022**. Thank you for your input and support.

[Lord Tweedsmuir Parent School Climate/Culture Survey](#)

PURDY'S FUNDRAISER



Before we head out for Spring Break, let's not forget that Easter will be creeping up soon after we return to school. We are running our Purdy's Easter Chocolate Fundraiser now till Sunday March 20th. All you need to do is sign into this site <https://fundraising.purdys.com/join.aspx> and join our campaign 51435, then place your order.

Pick up will be Sunday April 3rd @ 9:30–10:30am in the undercover area across the playground. If you need a paper order form, just head to the front office and there are some available for pickup.

TURN DOWN THE HEAT!



Lord Tweedsmuir will be participating in Turn Down the HEAT! For the month of March, we will be running Turn Down the HEAT! to bring awareness to the climate emergency through an act of energy conservation. Daytime temperature at schools will be left at the "set point" temperature" of 18C. Please make sure that you send your child with an extra hoodie or sweater.

COMMUNITY MEMBERS



We are asking for community support to make sure that our students have a safe and clean place to play. Currently, we are asking for your support to make sure that pet owners are cleaning up after their pets. By taking a few simple steps to clean up after your pets, you can contribute to the beautification of our community and enjoyment of school grounds for all.

If you do bring your pet, please arrange for your child to meet you at the sidewalk so that your pet is not coming on to school grounds for drop off and dismissal.

	<h3 style="text-align: center;">DO SCHOOLS HAVE TESTING KITS?</h3> <p>There are “swish and gargle” test kits available at each school to send home with students. These sample collection kits are to be sent home with symptomatic students. Please contact the office if you are in need of one.</p>
	<h3 style="text-align: center;">HOW TO CONTACT THE SCHOOL</h3> <p>If you need to contact the school to let us know that your child(ren) will be absent you can either call the school at 604-517-6070 or email us at lordtweedsmuir@sd40.bc.ca.</p>
	<h3 style="text-align: center;">MASKS</h3> <p>Just a reminder to please send your child(ren) with a mask to school. If possible, to have more than one in their backpack so if one gets dirty or wet they have another one to use.</p> <p>Parents might want to consider getting their child a chain to attach to their mask. This will help them not lose their mask or have it fall off and get dirty.</p>
	<h3 style="text-align: center;">LATE ARRIVALS</h3> <p>If your child is arriving late to school, please bring them to the main office. Please do not bring them to their regular point of entry.</p>
	<h3 style="text-align: center;">WEATHER CHANGES</h3> <p>Please be sure your child is dressed appropriately for the rainy weather. We always try to have the students enjoy outdoor recess and lunch as much as possible and the right outerwear makes a much more pleasant play time.</p> <p>Sending along a change of clothing (to keep in the classroom) is welcomed by teachers for those inevitable days when clothing gets wet and dry socks and pants are needed.</p>
	<h3 style="text-align: center;">COVID PROTOCOLS UPDATE</h3> <p>COVID-19 UPDATE: As the situation around COVID changes, so too are the guidelines we’re working under. The most recent changes are around both event and gathering restrictions, and who is permitted to come into schools to participate – returning us to the protocols that were in place through much of the Fall. You can find those outlined here: https://newwestschools.ca/event-and-activity-restrictions-easing-back-to-all-levels/</p>

'intheknow'

Information and Support

For families and caring adults who
are parenting a child or youth with
mental health and/or substance
use challenges.

**EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'.
WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT
HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR
UNDERSTANDING AND CONNECTION WITH OUR KIDS.**

ADHD – The Real Deal

Join us in watching a video presentation by Dr. Duncan, who will dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does.

Come together with other families for a facilitated discussion by Parent Peer Support Workers.

Dates (BC Time):

March 10, 2021 at 6:30pm
March 16, 2021 at 5:00pm
March 24, 2021 at 12:00pm
March 28, 2021 at 6:30pm
March 29, 2021 at 5:00pm

Cost: Free of Charge

Registration Required: www.familysmart.ca/events

familysmart.ca



LOST AND FOUND

- Please take a close look and collect anything that belongs to your child(ren). Thank you!
- Please mark your child's coats with their first name and initial so we can trace the owner quickly. This would help immensely in keeping our collection to a minimum.

