

SKE JANUARY UPDATE



WEEKLY WORDS

Every Monday, our student announcement leaders share a new nsyilxcen word, along with the definition. We then use the word in the announcements through the week.



Some of our favourite words:

spuʔús = heart
(SPA-OOS)
pəqíqin = Eagle
(PAHK-L-A-KEEN)
ncawcinx = to sing together
NN-CHOW-CHEEN

[Check out this website to hear the words spoken!](#)



WINTER FUN: ON THE PLAYGROUND



Our students love playing creatively on our beautiful school grounds. Here's Luca on the left. He says, "This is an eagle's nest. We made it! The needles make it soft for sleeping."

EXCELLENCE IN THE ARTS

NEXT PAC MEETING

Join our amazing PAC and contribute to all the ways they support our SKE community. The next meeting is Wednesday, January 15th at 7:00 pm at SKE.

This month professional artist Janice Hennig will join all of our classes to create beautiful watercolour art. Your child's art will be available to purchase as a set of art cards, so that you can share it with friends and family as well!



PARENT/TEACHER CONFERENCES

This is a reminder to families that we will be holding our Term 2 Parent/Teacher conferences on **January 30th and 31st**. Please watch your email for communication directly from your child's teacher so that you can sign up.

These conferences are a great opportunity to connect with your child's teacher, see their learning environment, and have them share their learning and growth at school with you. We hope you will sign up.



FINE MOTOR SKILLS

We are working hard to develop fine motor skills at SKE, growing our finger strength and dexterity through weekly activities. A group of students tackle a variety of projects alongside Mrs. Lindsay and several of our CEA educators. This week they created "2025" posters that you can see above.

Healthy Living



Teacher: What does it mean to be healthy?

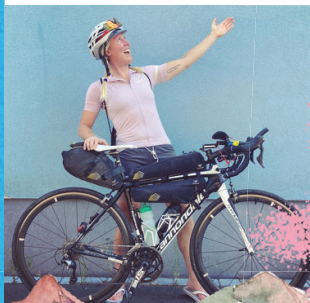
Student: "Well, sometimes it means waking up your muscles!"

This week Mrs. Bernard's grade 4s discussed what it means to be healthy. What is health? What do the students and their families do to be healthy? Our grade fours had many great ideas to offer, including eating across the rainbow of fruits and vegetables, playing sports, drinking enough water, avoiding too much screen time and finding balance in life. They shared their ideas collectively, as shown in the picture on the left. After having their thinking sparked by a short video, they realized they needed to add one more big idea: mental health! Being healthy means taking care of their bodies AND their minds.

SCHOOL VISIT NEXT WEEK: CANADIAN ULTRA-CYCLIST!

Meaghan Hackinen is a writer and cyclist whose two-wheeled adventures have taken her from Haida Gwaii to Mexico's high plateaus, across Canada and the United States, and on some of Europe's highest paved roads. Meaghan loves to compete and has raced locally and internationally in ultra-long distance bike races, ranging from 24 hours to 24 days. Last summer,

Meaghan was the women's winner of the Tour Divide Mountain Bike Race, which starts in the Rocky Mountains of Alberta, Canada, and travels 4,400 kilometres--all the way to the US-Mexico border. Meaghan has written two books about her adventure cycling experiences and is working on a third.



MEAGHAN WILL JOIN OUR
PRIMARIES ON JAN 13TH,
AND OUR INTERMEDIATES
ON JAN 15TH!

Why the REMINDER?

Since our return from winter break, we have noticed a number of students with new devices, including smart watches that can access the internet or play games. Please ensure that internet access/games are turned off of these devices during school time. If your child needs to contact you during the school day, they must come to the office. We will help them there. Thank you!

What are the rules about CELL PHONES?

Reminder to families:

Student use of personal digital devices (any device used to communicate and/or access the internet), school technology, and district networks at school must abide by the school's Code of Conduct and SD23/Ministry of Education.

If brought to school, which is discouraged, these devices must be secure, **powered off and stored during instructional (i.e. class time) and non-instructional time (i.e. breaks/lunch)** at Elementary schools unless instructed by the Principal or school staff. In addition, please do not send easily lost wireless earbuds to school. Thanks!

