

# SPUL'U'KWUKS NEWS

We acknowledge and thank the First Peoples of the **hən̓ q̓ əm̓iṇ̓ əm̓** (hun-ki-meen-um) language group on whose traditional and unceded territories we teach, learn and live.



## Outside Play Every Day

We've had some rain this week! Our students go outside to play every day at recess and lunch, even if it's raining. Please make sure that your child arrives with everything needed...boots, jacket with a hood or waterproof poncho (dollar store!) that can go over clothing, umbrella, inside shoes, **full change of clothing**. These items can be left at school so that you don't need to worry about them on a daily basis. Going outside in the rain isn't a problem with the right clothing! Please refer to any information from your child's teacher for class-specific suggestions.



## National Day for Truth and Reconciliation

On Monday, we had two assemblies, one primary and one intermediate to learn more about the truth of Residential Schools, to say some words in **hən̓ q̓ əm̓iṇ̓ əm̓**, and to share our acts of reconciliation.

Intermediate students compared the school experiences of students in residential schools with their own experiences and discussed the importance of family, culture, traditions, and language.

Each class went on a reconciliation walk around the park to discuss questions that helped us to reflect on the past, present, and future.

Thank you to all the students and staff who wore orange and to those who have committed to completing acts of reconciliation. You are making a difference! What are your next steps?

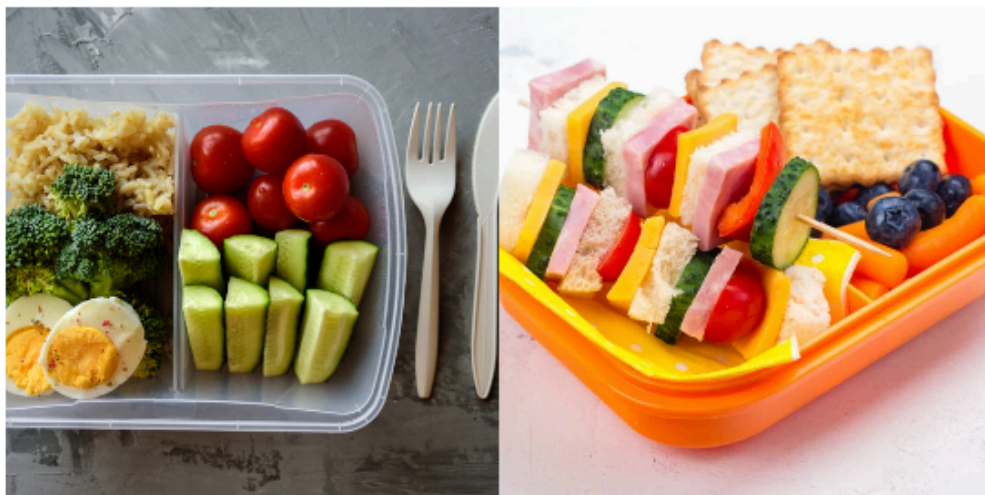
# School Lunches

Thank you for sending nutritious and healthy lunches to school to help fuel your child's learning for the day!

**We ask that you remind your children not to share or accept food from others.** There are a few reasons for this:

- we have students with life-threatening allergies. Your child could also have an unknown allergy.
- families knowing what children are eating during the day
- preventing the spread of illness
- some families don't eat certain foods for cultural, religious, or health reasons

Thank you for your support!





## Mid-Autumn Festival 2025

The Mid-Autumn Festival symbolizes family unity, togetherness, and gratitude for a bountiful harvest and successes of the past year.

We hope that our families who celebrate enjoy their time together! Are you looking for ways to learn more or celebrate the Mid-Autumn Festival this year?

See the links below for local activities:

<https://www.visitrichmondbc.com/blogs/seasonal/celebrate-mid-autumn-festival-in-richmond/>

<https://vancouverchinesegarden.com/learn/online-activities/mid-autumn-moon-festival/>

<https://www.chinesecanadianmuseum.ca/programs/midautumn-2025>

[https://www.gatewaytheatre.com/events/to-the-moon/?srsltid=AfmBOoqNZxAqM2olsOZEHaaJtq\\_VWzKOVaiCeybMsi1czTU65wftIUQn](https://www.gatewaytheatre.com/events/to-the-moon/?srsltid=AfmBOoqNZxAqM2olsOZEHaaJtq_VWzKOVaiCeybMsi1czTU65wftIUQn)

# Helping Your Child with Problem Solving

What do you do if your child comes home and expresses that they are having a problem with another child? If it happens, you may find yourself wondering about the best way to address it. Keep in mind that conflict is not always a bad thing...with support, children can learn to solve problems in an appropriate manner, which is a necessary life skill, but knowing when to step in is also a challenge for parents. It's not easy being a parent but keeping the following "helpful" and "not helpful" tips in mind could go a long way in helping your child.



## Helpful:

- Being open to hearing your child explain their concern to you
- Being curious; ask what happened before, during and after the incident
- Talking to your child about the "size of the problem"; minor concerns should be handled differently than large ones
- Remembering that most issues have two sides; you may not know everything there is to know
- Speaking to your child calmly about the problem, even if you are upset
- Asking what strategies your child has tried to use independently
- Discussing peaceful ways to address the issue
- Asking if your child has spoken to the teacher and encouraging them to report
- Making an appointment to speak privately to your child's teacher if necessary
- Time and space. What seems like a big problem today may not look the same tomorrow
- Treating others as you would want to be treated; both adults and kids make mistakes!

## Not helpful:

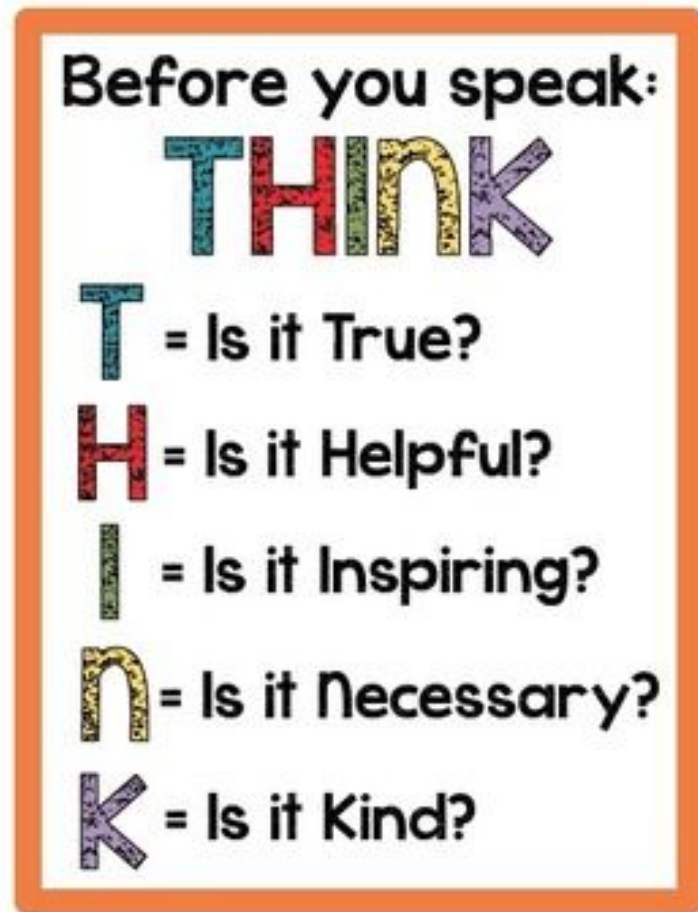
- Speaking negatively about other children/parents to your child or other people
- Confronting other children/parents
- Encouraging your child to respond with violence
- Gossiping or using social media to talk about other children or their parents
- Contacting the parents of the other student – if it happened at school, let the school sort it out. We'll keep you in the loop and work together.

Remember, if you are not sure about a situation, please ask! Talk to your child's classroom teacher, and if you require more help, you may contact Mrs. Stapleton or Mr. Chan.



## Dates for Your Calendar

- Oct. 4: National Day of Action for Missing and Murdered Indigenous Women, Girls, and Gender Diverse People
- Oct. 13: Holiday: Thanksgiving (School Closed)
- Oct. 16: Shake Out Earthquake Drill
- Oct. 21: PAC Meeting 9:30am (Virtual)
- Oct. 24: Professional Day (no school for students)
- Oct. 29: Early Dismissal at 1:45pm for Conferences
- Oct. 30: Early Dismissal at 1:45pm for Conferences
- Oct. 31: Halloween



This **THINK** poster can be useful when thinking about and discussing our actions. It's easy to justify behaviour when we think with our emotions, but if we ask ourselves these questions and can't answer "yes" to all of them, then a shift in our behaviour is required. It applies to both children and adults, so observe or think about a situation and consider how the situation might have turned out differently if people were able to answer "yes" to everything they said!

# Reconciliation, Equity, Diversity, and Inclusion (REDI)

## Dates of Significance – Monthly REDI Greetings

We are working to ensure that we recognize important events in the lives of the families in our community. At school we share this information through our announcements. While we understand that not all families recognize all events, our goals in sharing are to educate students about others in the community and provide the opportunity for all people to see themselves as having a place in our schools. You may find the format changing over the year as we find the most effective way of communicating this information. Thanks for your patience!

### October 1, 2025 – Kol Nidrei (Jewish)

At sundown on October 1, the Jewish community will begin observance of *Kol Nidrei*, the solemn opening service of Yom Kippur. We extend our thoughts to those preparing for this sacred time of prayer, reflection, and personal renewal.

*Translation note:* **Kol Nidrei** (Hebrew: כּוֹל נִדְרֵי) means “All Vows.” It refers to a traditional prayer recited at the start of Yom Kippur.

Pronounced: **KOHL NEE-dray**

### October 2, 2025 – Yom Kippur (Jewish)

To our Jewish students, staff, and families, we wish you a meaningful Yom Kippur, the holiest day in the Jewish calendar. May this *Day of Atonement* bring peace, reflection, and renewal as you fast, pray, and gather with your communities.

*Translation note:* **Yom Kippur** (Hebrew: יוֹם כִּפּוּר) means “Day of Atonement.”

Pronounced: **YOHM kee-POOR**

### October 3, 2025 – Dussehra (Hindu)

We extend our warmest greetings to members of the Hindu community observing *Dussehra*. This festival marks the victory of good over evil and is often celebrated with prayer, cultural events, and family gatherings. May this day bring joy, prosperity, and light.

*Translation note:* **Dussehra** (also known as Vijayadashami) celebrates Lord Rama’s victory over Ravana.

Pronounced: **Duh-SHEH-rah** or **Doo-SHEH-rah**, depending on region.