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# Silverthorne Post

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## Silverthorne Elementary School

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### Principal's Message

Well, we are almost through January and into February and it is going to be jam packed over the next month or so. It has been an extremely busy start to the year with plenty happening. We continue to have mild weather, but the forecast is calling for a decrease in temperature. Please ensure children are dressed in layers with mittens and toques. Many teachers are taking advantage of being outdoors more and are doing their PE classes outside. Children are expected to be outside during their breaks and in-days do not occur until it is colder than -15.

Teachers continue to keep students focused on their learning while weaving in activities that are both fun and educational. We have some fun days coming up in February! Valentine's Day is on the 14<sup>th</sup>, Family Day is February 15<sup>th</sup>, our first TEK (Traditional Ecological Knowledge) Day will take place on February 18<sup>th</sup> and Pink Shirt Day is February 24<sup>th</sup>. Please watch for notices coming home about upcoming events. Teachers will be planning activities within classrooms or cohorts this year. Our TEK day is a school-wide event that will be held outdoors at Rough Acres. All students will remain in class or cohort groupings for all activities and Health and Safety Guidelines will be adhered to in order to accommodate for educational presenters.

### Thank You

We would like to acknowledge and thank members of our school community and community at large for all the donations for our hot meal programs. It is exciting to see the variety of healthy foods we are able to offer because of your kindness! We have received some very generous large donations but we would also like to recognize and thank families for their contributions. It takes a village to make this program run and we appreciate everything from a \$10 dollar donation to the larger grants that we have been the lucky recipients of. We are truly fortunate

to be able to provide approximately 70-80 breakfasts and the same number of lunches on a daily basis.

### Physical Literacy What Is Physical Literacy?

Like reading and arithmetic, which develop a literary or numerical vocabulary, physical literacy develops a "movement vocabulary" through physical and health education, and other movement experiences. School District 54 is dedicated to developing the lifelong physical and emotional wellbeing of our learners. This is a goal within the District Strategic Plan which can be found on the School Website. One of our goals is to 'Support all students to achieve optimal physical and mental wellness'. In order to help achieve this, the district has joined a provincial project called The School Physical Activity and Physical Literacy project. This is a school-based health promotion for B.C. elementary schools. The project will provide both in-person and online professional development opportunities to support B.C. elementary school teachers and help implement more activities that will encourage children to participate in a healthy lifestyle.

Engage Sport North is the representative that will be working with staff and students on this initiative. Engage Sport works to improve opportunities for better physical literacy programming, prepare more children to participate in sports, and increase the likelihood of Canadians staying active for life. On February 1<sup>st</sup> and 2<sup>nd</sup> we will have a team from Engage North at the school to do a physical literacy review to determine areas that we may want to focus on as a school team. We are looking forward to seeing how our students do and what we can do to help improve their physical literacy.

### Provincial Survey

As with previous years, grade 4 and 7 students and their caregivers are asked to complete a Provincial Learning Survey. We support students to complete

this in school but parents are asked to complete this from home. I will be sending information to caregivers of grade 4 and 7 students more information on how to access the survey in the near future.

### **Foundational Skills Assessment**

Foundational Skills Assessments (FSA) were postponed in the fall but will be taking place over a four-week period starting February 15<sup>th</sup>. Grade 4 and 7 students will be guided through the process and supported as necessary. If you have questions about the assessment, please feel free to call or email me. [bforster@sd54.bc.ca](mailto:bforster@sd54.bc.ca)

### **Student Illness**

It is that time of year again and, although greatly reduced, we have had a few viruses showing up at the school. Having students at school when they are ill promotes the spread of contagious germs and affects other families and compromises the health and wellness of staff. There has definitely been a reduction in regular cold and flu viruses going through the school and we believe this reduction is because of families remaining diligent in keeping children home when they are ill. This has had a dramatic effect on the number of illnesses in our school. Our staff and families appreciate your efforts and encourage you to continue to keep your child at

home if they are sick with a fever, vomiting, strep throat or any other such illnesses. Please do not forget to call in and let us know that your child will be absent. When you call, or receive a call from us, Amanda will ask for your child's symptoms. This is part of our protocol so we can communicate with Northern Health regarding symptoms appearing in greater quantity.

### **Pink Shirt Day**

Pink Shirt Day will take place on February 24<sup>th</sup>. We are asking all students to wear pink in order to support this day of recognition. Classrooms will be learning more about why we celebrate Pink Shirt Day and we will be giving a pink t-shirt away to each classroom as a way to recognize the importance of being kind.

### **PAC News**

Yours sincerely,



Bev Forster,  
Principal