

**January 12, 2023**

### **Message From The Administration**

We are happy to see everyone back at school. It has been a busy month, filled with wonderful learning and engaging activities for everyone. Often in the New Year we feel a sense of optimism. The New Year is a time to set goals and make a “fresh start”. Many classroom teachers have focussed on goal setting for the second term.

### **What are Educational Goals?**

Educational goals are a set of learning achievements your child plans to accomplish during the school year. There are many benefits to setting educational goals. Of course, they can help your child improve their performance in school. But as they plan and work towards a goal, they're also practicing many valuable skills they'll use throughout their lives.



Here are just a few benefits of setting educational goals:

- Provides a confidence boost (Social and Emotional Learning)
- Encourages practical problem solving
- Can increase grades and academic performance
- Helps improve critical thinking and analytical skills
- Can help students improve time-management skill

### **Educational Family Goals:**

Here are a few examples for your information

1. **Read more:** Whether it's a paperback, a reading app or an engaging English language game, literacy is crucial to kids' academic development. But reading is so beneficial for adults, too. Commit to more reading time and introduce the whole family to the power of a good book.



**Short term goal example:** Have a “reading time” each week, where every family member sits down in a comfortable spot to enjoy the book of their choice.

2. **Take family field trips:** Fun family outing? New learning opportunities? The chance to build new skills and interests?

**Short term goal example:** Build a list of 10 or more places you'd like to visit as a family. Aim to visit one each month by the end of the year.



3. **Have family discussions:** *The classroom doesn't have to be the only place group discussions can happen. When you introduce them at home, your children can gain important critical thinking and social skills. Plus, you'll all get insight into one another's thoughts and perspectives.*



**Short term goal example:** Commit to one “discussion night” a week at dinner time for at least a month. Use conversation starters or choose one new topic to talk about every week.

4. **Show gratitude :** *Even a simple “thanks” can make someone’s day. So why not try to show more gratitude in your household? Your whole family will thank you — literally.*

**Short term goal example:** Have a quick gratitude share each day. Before school, at dinner time or at bedtime, set aside five minutes for everyone to share one thing they're thankful for.



### **Intent to Return Form:**

Planning for the next school year is underway. Please check your child's backpack for our Blue Intent to Return Form. Please indicate whether your children are planning to attend Blair next year, and return the form to school by **Friday, January 20th**. If you have changed your address, please update this information with the office. It is important that the school have the most current contact information.

### **Kindergarten 2023:**

Priority 1 Kindergarten Registration will close on January 20th, 2023.



Every year there are families who miss out on this registration period resulting in their child not being able to attend their catchment school or being placed on a waitlist, both of which cause undue stress to parents and guardians and are completely avoidable. Families are strongly encouraged to register during the Priority 1 registration period for the best chance at attending their catchment school for the 2023/24 school year. As per district policy, a student will normally attend the school located in the catchment area in which their parents or legal guardians reside unless there is no physical, resource or program space available.

**If you, or someone you know, has a child residing in the Richmond School District, born in 2018 we encourage you/them to register their children for Kindergarten at your earliest convenience: ONLINE –** <https://sd38.bc.ca/student-registration/kindergarten-registration>.

### **GUNG HEY FAT CHOY!**



This month brings Chinese New Year, and we know we will see the excitement on the faces of our students who celebrate this special time. Chinese New Year is the main Chinese festival of the year and it is not a religious event. In China the holiday is called the Spring Festival. The date of this festival changes each year because it's based on a lunar calendar. The date corresponds to the first new moon in January or February. This year Chinese New Year starts on **January 22, 2023**. It is traditionally celebrated for 15 days ending on the date of the next full moon. In China, the celebration is 3 days long. The Chinese lunar calendar is made up of a cycle of twelve years and each year corresponds to one of 12 animals. This year is the Year of the **Rabbit**. Family is at the centre of Chinese New Year involving visiting and shared meals with loved ones. Red is the colour that honours this holiday, and we see it decorating many families' homes and businesses around Richmond. Children often receive gifts and money from friends

and relatives, and everyone is wished much luck and happiness for the coming year. Thank you to our PAC for the beautiful display in our foyer for the entire school to enjoy! February will bring many exciting activities to the school. Over the next few weeks classes will be celebrating Chinese New Year, Valentine's Day, 100 Day and Pink Shirt Day (February 22, 2023).

### **Caring for Self and Others At Blair: OnLine Safety**

With more time at home and less events to attend we encourage parents to take an active role in supporting your child online. They need guidance and supervision. Have ongoing conversations and join them in their platforms so that you can understand the places they spend time virtually hanging out. Talk to your children about their online friends and activities just as you would about their other activities.



Conversations about the importance of safe and ethical social networking might include:

- Only adding people, you know as friends
- Treating people online with kindness and respect
- Not using a real photo as your main profile picture
- Using a nickname or first name
- Not sharing passwords with friends
- Teach your children to always ask you first before sharing personal information online.
- Talk to your children about their online friends and activities just as you would about their other activities.
- Encourage your children to come to you if they encounter anything online that makes them feel uncomfortable or threatened. (Stay calm. If you "over-react" they won't turn to you for help when they need it.)
- Protect your children from offensive "pop-ups" by setting your browser to block popups, disabling Java on your computer and/or using blocking software. Ad blockers such as Adblock can also keep kids from seeing banner ads with inappropriate content.



### **Basketball Season Starts**

Our grade 6 and 7 students have been invited to join the basketball team at Blair. There is a grade 6 & 7 Girls team and grade 6 & 7 Boys teams. The teams practice at lunch time and after school. There are scheduled games between other schools that are held after school. If your child is on the basketball team, a note will be going home outlining the practice times and game dates.

A big thank you goes to Mrs. Thomas and Ms. Bellefeuille for coaching the girls' team, and to Mr. Weil, for coaching the boys' team.

### **Student and Family Affordability Fund**

Recently, the provincial government announced a new, one time [\*Student and Family Affordability Fund\*](#). This fund is designed to assist families who require financial assistance with school-related costs such as school and course fees, workbooks, specialty supplies, field trips and other school-related charges and costs. The additional funding will also be used to support school meal programs and other nutritional supports for students.

We are requesting that families reach out to Mrs. Loat if you need assistance with school supplies, fees or other school-related costs. As always, all requests will be treated with dignity and your privacy will be respected. We want to work with our families to ensure that our students, your children, have everything they need to be successful at school. Please do not hesitate to reach out if we can help.

### **PRO-D Day – Monday, January 30<sup>th</sup>**

**Monday, January 30<sup>th</sup>** is our next Professional Development Day. **Students do not attend on that day.** Teachers will be learning about Social and Emotional Learning and the First Peoples Principles.

### **Parent Advisory Council (P.A.C.)**

All parents/guardians of students at Blair are part of the PAC and are encouraged to join our parent group meetings. We will hold regular meetings to discuss events related to the school and school district that directly affect your children. Our meetings this year will be the last Wednesday of each month at 8:00 pm. Our first PAC meeting of 2023 is on Wednesday, January 25<sup>th</sup> at 8:00 on TEAMS. An invitation link is sent out to all parents a week before the meeting. Hope to see you there!

**Donations:** Some parents have been asking how they can donate to our school, especially to support our new playground. The Richmond School District is a registered charitable organization and accepts donations to help support various programs, initiatives, student scholarships and activities that benefit our students. Donations to a specific school or a district program can be made online <https://sd38.bc.ca/our-district/donations>. We graciously thank all our parents who have donated to our school and our district initiatives.



### **Young Actors is Coming to Blair**



This year Blair is excited to welcome Young Actors for multiple sessions with each division. Kindergarten classes will receive three 45-minute drama sessions and all other classes will receive three 90 minute sessions. In-class and in-school experiences provide your child with an opportunity to explore and participate in various learning opportunities and classmates without requiring classes to leave the school.

Drama empowers kids with self-confidence. Kids need to believe in their creative ideas and have the bravery to express them in front of others. YAP school workshops make that kind of risk-taking fun, not scary. Students communicate characters, feelings, and stories, which increase their focus and exercise their imaginations. They develop trust through cooperation and collaboration with their peers – learning to accept and build on each other's creative ideas. These are skills required not just for the stage – but for the stage of life.

### **Cold and Flu Season!**

Vancouver Coastal Health are still seeing high levels of respiratory illnesses in children. Please use any of the following links regarding preventing and or treating an illness that may be helpful to you.

#### **Preventative measures**

Vaccinations remains the best defence against both influenza and COVID-19. [Beyond vaccinations](#), there are basic things we can all do to help prevent the spread of respiratory illness:

- Stay at home if you feel unwell and try to avoid spending time with people at higher risk of serious illness.
- Practice respiratory etiquette: Wear a mask in crowded, public spaces, and cough and sneeze into your elbow.
- Clean your hands regularly.
- Avoid touching your face, especially your eyes, mouth and nose.
- For more information, visit [BC Centre for Disease Control](#) or the [Provincial Infection Control Network of British Columbia](#).

### Resources and links for families during respiratory illness season

Community and hospital pharmacies all over Canada continue to work with manufacturers, distributors, federal, provincial and territorial governments to address the current Acetaminophen and Ibuprofen supply challenges.

This medication shortage can be distressing for many. Here are a few resources to support conversations with patients, clients and families:

- **Children's Medication Shortage (pharmacists.ca)**: Guidance for families on when and how to use these products, and when to speak with a health-care professional for advice.
- **Acetaminophen and Ibuprofen dosing charts (BC Children's Hospital)**: Information for families who do not have infant or children's acetaminophen or ibuprofen, you can give your child part of an adult dose.
- **Short guide to the wise use of antibiotics**: Information for patients and families about the use of antibiotics.
- **Information for parents seeking medical care for children (ChildHealthBC.ca)**: This resource can help families assess and decide if their child needs medical care. Translations available in [Arabic](#), [Punjabi](#) and [Simplified Chinese](#).
- **When to bring your child to the Emergency Department (BC Children's Hospital)**: Additional examples to help families decide if their child needs emergency care.
- **8-1-1 HealthLink BC**: Families can speak to a registered nurse any time, every day of the year.
- **Fever or chills, age 11 or younger (HealthLinkBC.ca)**: Details about taking temperature, causes of fever, treatment, prevention, etc.
- **Fever or Chills, age 12 and older (HealthLinkBC.ca)**: Details about taking temperature, causes of fever, treatment, prevention, etc. for children ages 12 and older.

### Join the ParticipACTION



**Join the ParticipACTION**  
**Move for your Mood Challenge**  
**January 16–31!**

Calling all families, friends and fellow community members!  
It's time to get moving to help reduce stress and promote happier feelings. Physical activity literally boosts your mood! Any movement like a walk, bike ride, jumping jacks or a swim will provide some mood-boosting effects.

Join the Move for your Mood challenge, when getting active not only makes you feel better, you might just win prizes too!

It's easy to join, simply download the free ParticipACTION app through the Apple App Store or Google Play Store. Sign up with your Richmond postal code and log your activity January 16–31.

**Learn more**  
[www.participACTION.com/programs/move-for-your-mood](http://www.participACTION.com/programs/move-for-your-mood)

