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Wednesday, May 25, 2022

Dear families,

It was a nice change this weekend to see the sun out and feel its warmth on our skin. I hope that you were all able to take advantage of the good weather and spend some quality time outside. It seems like Spring took forever to get here, and I can't wait to get my tomato plants into the ground.

Typically, this time of year is replete with excitement about the end of the school year and all of the fun that the summer months have to offer; however, this past Monday marked the one-year anniversary of the discovery of 215 bodies of children at the former Kamloops Residential School. We have been working hard to begin to come to terms with this information, and how to show our condolences and our respect in culturally sensitive ways. Below is some information that you may find useful in these discussions with your family. If you or someone in your family needs further support during this difficult time, please use the list of crisis lines and contacts at the end of this newsletter for more information, or call the school and we will do our best to connect you to someone who can help.

To mark the one-year memorial of the announcement of the 215 unmarked graves on the grounds of the Kamloops Indian Residential School we are asking all schools to WEAR ORANGE on Friday, May 27th. It is one year from the first press release from Tk'emlúps te Sewépmc.



Here are some guidelines for parents/guardians to support children through times of grief during and after a traumatic event:

- **Be yourself** – Demonstrate your natural concern calmly and in your own words.
- **Be available** – Spend time with your child. Attempt to distract your child by reading, walking, going to a movie, etc.
- **Listen** – Let your child express his/her thoughts, concerns, feelings, and perceptions in a nonjudgmental, emotionally safe environment.
- **Explain** – Talk about what you know in short, truthful statements. Don't be afraid to admit that you do not have all the answers.
- **Do not speculate.**
- **Develop resiliency** – Your child will look to you for reassurance. Do not convey your own feelings of hopelessness, but rather let your child know that they will get through this difficult period.
- **Provide comfort** – Physical and verbal comforts are great healers.
- **Attend to physical manifestations of trauma** - Children will often complain of headaches, stomach aches, backaches, etc. Monitor physical symptoms such as loss of appetite, anxiety, sleep disturbance, etc. and determine whether medical intervention is required.
- **Maintain regular routines** – As much as possible, attempt to provide normalcy to your child. Humans are creatures of habit and derive comfort from regular routines.

- **Monitor media exposure** – Do not overexpose your child to media reports (especially preschool and elementary age children).
- **Seek additional support** – When appropriate, your child should be directed to community support agencies.

Parent Input for Class Placement

This week is the last chance you will have to get your Parent Input for Class Placement for the 2022-school year, as we will be meeting in teams to start building our classes for next year. It is a very complex process and we need as much time as possible to do it. Imagine trying to assemble a 380 dominoes course on a water bed. If you need this form, please connect with either Mme Lisa, Mme Clare, or Mme Mabee in the office and one of them will get it to you. It may be submitted as a hard copy or electronically via e-mail or fax.

Presentation of Learning Feedback

I cannot tell you how overjoyed I was to see all of the parents in our building last Wednesday for our first ever Presentation of Learning. I hope that you all enjoyed seeing what your child/ren has/have been up to this year. Because this is the first time that we have held an event like this, and we have a Growth Mindset, we are looking for your feedback to make this kind of event even better in the future. If you could take a few moments to share your comments in this brief survey, it would be greatly appreciated.

https://docs.google.com/forms/d/e/1FAIpQLSfik22g_DyxRxSV9G4hnh-OG1EkGQFXkHCqZ6r-aZkyIfwpJA/viewform?usp=sf_link

Jump Rope 4 Heart

On Wednesday, May 25th we held our Jump Rope for Heart event outside from 9am-10am. Students raised \$1898 for the Heart and Stroke Foundation. A big thank you to Mme Donas who took on the planning and organization of this event.

Jeans Day



This May, South Sahali Elementary School is helping kids at BC Children's Hospital get out of their hospital gowns and back into their jeans. Last year 100,000 patients visited BC Children's Hospital - that's one in every 20 kids in BC. With your support, we can challenge this status quo and help safeguard the health of kids in our province. Your donation this May will be generously matched by Odlum Brown*, so don't miss this chance to double your impact and help support us by making a secure online donation to our fundraising page:

<https://secured.bcchf.ca/registant/TeamFundraisingPage.aspx?teamID=979646&langPref=en-CA>

On **May 30th and 31st**, our school will celebrate Jeans Day. We encourage children to dress in their favorite jeans attire and bring a small donation to school. You are also welcome to make an online donation by clicking the link above

Twins Day

We will be having “Twins Day” at school on Wednesday June 1st. Students are invited to dress in the same fashion as a friend or two or three (there is really no limit). For those students who would like to look like Mme Mabe that day, she will be wearing black shorts and a white shirt.

Summer Programs and Camps

The Summer Reading Program will be taking place once again this year, and our school will be one of the host sites. More information will be coming in the coming weeks; however, if this is something that you are interested in for your child, please connect with your child/ren’s teacher(s) so we can get you the registration forms when they become available.

For those students who are interested in STEM activities (Science, Technology, Engineering, and Mathematics) UBC has some online options here:

<https://geeringup.apsc.ubc.ca/camps/general-information/online-camps/>

LAST DAY OF SCHOOL

The last day of school for students is **Wednesday, June 29th and dismissal that day is 11:30am.** This is a new time, as we had to make changes to the calendar in response to the delayed start to the school year. Please plan for someone to be here at 11:30am that day to collect your child/ren.

There may be some families who choose to start their summer vacation a few days early and will not be at school on June 29th to collect their child/ren’s report cards. If this is the case for you and your family, the office will be open until Friday, July 8th for you to pick up your report card. If you would rather the school send your child/ren’s report card in the mail, please leave a self-addressed stamped envelope with either the office or your child’s teacher, and we will pop it into the mail for you. **Teachers will not be handing out report cards before June 29th.**

DRESS CODE

The School District updated its dress code policy in order to properly address current beliefs and values. As warmer weather is upon us, and hopefully here to stay, I ask that students, and staff members for that matter, dress in a manner that is appropriate for school and work. This means that clothing that displays words or imagery that is offensive is to be avoided. We also ask that students come wearing



footwear that allows for freedom and safety of movement; flipflops and sandals without sufficient straps inhibit your child’s ability to be active at school in a safe manner. We rely on parents such as yourselves to monitor what your child comes to school wearing and appreciate your efforts to enforce this dress code.

WATER BOTTLES

The temperatures outside are climbing, and remaining hydrated is necessary for learning. That being said, we continue to have a number of students come to the office asking for a cup as they have forgotten their water bottle. Please ensure daily that your child has some sort of fillable container to use at our water filling stations.



Lost and Found

Our Lost and Found collection is growing once again. If your child/ren are missing a jacket, hoodie, sweater, etc. please feel free to come to the school to peruse the found belongings to claim anything that belongs to you.

School Jerseys

There are still a number of school jerseys signed out to students. We need these jerseys back ASAP, as they are needed for Zone and District Track and Field events. Remember that you have submitted a deposit of \$50, and those cheques will be cashed in the following weeks if jerseys are not returned. Please take a look in laundry bins and closets for these jerseys. Thanks in advance for your attention to this matter.

STAFF CHANGES

There are some staff changes to note. Mme Donas has decided to accepted a position at Aberdeen Elementary and is looking forward to walking to school each day, starting in September. Mme Evelyne has decided that she would like to try her hand at the intermediate grades and will be moving into Mme Donas' class. Mme Bauhuis, Mme Dana, Mme Williams, will be leaving us at the end of the school as their positions were term certain, but the French Immersion world is a small one and I have no doubt that we will see them again soon. In addition, Mme Goerzten is off to RLC next year and M. Gorman is moving to Vancouver. We will miss all of them dearly and wish them all well.

Joining us in September are the following:

Mme Chelsea Moffat will be returning to us 3 days per week, and we look forward to finding out who will be partnering with her in her class the other 2 days. M. River Hall will be joining us in one of the Grade 1 classes, and Mme Leah Clare will be working in Mme Magalie's class on Fridays. We are still waiting to hear who will be working in Mme Nancy's Grade 3 and in Mme Venables' kindergarten classes on Fridays. In addition, our LART, Mme Lindsay Schroeder, has reduced her time to 3 days per week and we are waiting to hear who will be filling in the other 2 days. As of right now, we have one Certified Education Worker position available for September, and the CUPE posting and filling process has yet to begin, so I anticipate that there could be more changes before the end of the school year. I will update you as soon as I know anything.

UPCOMING EVENTS

Wednesday, May 25 th	Jump Rope 4 Heart SPARK Session #3
Thursday, May 26 th	Zone 1 Track and Field Meet @ Hillside Stadium PAC Meeting @ 6:30 (via Zoom)
Friday, May 27 th	215 – Wear Orange Day
Monday, May 30 th	Mme Jayme's class to McConnel Lake Mme Wigness' class to Isobel Lake Jeans Day
Tuesday, May 31 st	District 1000m/1200m @ Hillside Stadium Mme Donas - Junior Achievement Presentation @ 1pm Jeans Day

Wednesday, June 1 st	Twins Day
Thursday, June 2 nd	Mme Graf's and Mme Charlotte's classes to Railway Museum
Friday, June 3 rd	District Track and Field Meet @ Hillside Stadium
Monday June 6 th	Mme Jayme's class to Gamble Pond and Albert McGowan Park
	Grade 7 Visit to South Kamloops Secondary (SKSS)
Tuesday, June 7 th	Mme Donas – Junior Achievement Presentatio
Thursday, June 9 th	Grade 7s leave for Sunnybrae
	SPARK Session #4
Friday, June 10 th	Grade 7s home from Sunnybrae
	Mme Donas' class to Paul Lake for "Learn to Fish"
	Mme Bauhuis' class to McArthur Island
	Mme Wallis' class to Falcon Lanes
Monday, June 13 th	Mme Donas' class to Robbin's Range Heritage School
	Mme Wallis' class to McQueen Lake
	Mme Jayme's and Mme Dana's class to Paul Lake to "Learn to Fish"
Thursday, June 16 th	Mme Nancy's class to the Art Gallery
	PAC Meeting @ 6:30pm – Executive Election
Friday, June 17 th	Eureka Science Workshops
	Mme Bauhuis' class to McGowan Park
Monday, June 20 th	Eureka Science Workshops
Tuesday, June 21 st	Grade 7 Band Concert @ 10am
	National Aboriginal Day
Wednesday, June 22 nd	Mme Funk's and Mme Donas' class to Shumway Lake
	Mme Graf's and Mme Magalie's classes to Paul Lake
	PAC Budget Meeting @ 6:30pm
Thursday, June 23 rd	Mme Nancy's and Mme Sarah's classes to Paul Lake to "Learn to Fish"
	Grade 7 Farewell Evening
Friday, June 24 th	PAC Picnic Day
Tuesday, June 28 th	Grades 1-5 to McGowan Park
Wednesday, June 29 th	Last Day of School – Dismissal @ 11:30am
	Assembly @ 9:30am (before the gym gets too hot)

There are 25.5 days left to the 2021-2022 school year, but who's counting right? As always, if you have any questions or concerns, please don't hesitate to contact me.

Respectfully,



Susie Mabee

Crisis Lines and Contacts

Hope for Wellness Help Line

- ☐ Mental health and crisis support for Indigenous Peoples across Canada
- ☐ 24/7
- ☐ 1-855-242-3310
- ☐ www.hopeforwellness.ca

KUU-US Crisis Line

- ☐ Provincial Aboriginal Crisis Line
- ☐ 24/7
- ☐ Children/Youth 250-723-2040
- ☐ Adults/Elders 250-723-4050
- ☐ Toll Free 1-800-588-8717
- ☐ www.kuu-uscrisisline.ca

Métis Crisis Line

- ☐ Provincial Métis Mental health and crisis support
- ☐ 24/7
- ☐ 1-833-638-4722

National Indian Residential School Crisis Line

- ☐ provides support to former students and their families for emotional support and crisis services
- ☐ 24/7
- ☐ Toll Free 1-866-925-4419

BC Mental Health Line

- ☐ Provincial resource
- ☐ 24/7
- ☐ 310-6789 (no area code)

Helpline for Children

- ☐ Provincial resource
- ☐ 24/7
- ☐ 310-1234 (no area code)

Foundry App

- ☐ Provincial resource
- ☐ 24/7
- ☐ Youth aged 12-24
- ☐ 1-833-308-6379
- ☐ <https://foundrybc.ca/virtual/>

Mental Health and Substance Use Fact Sheets and Poster

- ☐ [Help Lines Fact Sheet](#)
- ☐ [Mobile Apps and Virtual Treatment Fact Sheet](#)
- ☐ [310 - MHSU \(6473\) Poster](#)