

# Westwind Waves Week at a Glance

11371 Kingfisher Drive, Richmond, B.C. V7E 4Y6 • 604-668-6497 • Student Absences: 604-668-6498

westwind@sd38.bc.ca @westwindwaves



MAY 30 - JUNE 3, 2022



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

## Mark Your CALENDAR

- JUNE**
- June 1 - Mc Math Gr. 7 Fun Day 10:00-2:00
  - June 3 - PAC Donut Pick Up
  - June 9 - PAC Hot Food, Pizza
  - June 10 - Fun Day Stations (School-Wide Activity)
  - June 13 - PAC Hot Food, Freshii
  - June 13 - Olympian Evan Dunfee  
(Intermediate Track Celebration)
  - June 14 - Band Concert @ 6:00 pm
  - June 20 - PAC Hot Food, Takeya Sushi
  - June 21 - National Indigenous People's Day
  - June 21 - Wild Moccasins Powwow Dance
  - June 22 - Playland Field Trip (Div. 1/2/3)
  - June 22 - Swimming Field Trip (Div. 5/6/7/8)
  - June 23 - Swimming Field Trip (Div. 9/10/11)
  - June 24 - Gr. 7 Farewell Ceremony, 9:15 am
  - June 24 - PAC Hot Food, Pizza
  - June 27 - PAC Hot Food, White Spot
  - June 29 - Recognition Assembly
  - June 29 - Summary of Learning Reports  
Posted on MyEd
  - June 29 - Last Day of School
  - June 30 - Summer Vacation Begins

Is your child going to be absent? Or late?  
Please call our early warning line:

604-668-6498



604-668-6497



westwind.sd38.bc.ca



@westwindwaves



Westwind PAC

stay

connected\*



### Ms Lai Update

It is with mixed emotion that we inform our community that Ms. Lai will be moved next year to Bridge Elementary as Vice Principal starting July 1, 2022. Westwind will welcome Ms. Tse, the current Vice Principal at Brighthouse Elementary.

*There will be a proper farewell for our beloved Ms Lai in June.*

### CLASS PLACEMENT - PARENT INPUT



Many families wish to provide information to assist our staff in **Class Placements**. June is fast approaching and once again, the staff at Westwind Elementary School will be gathering and sharing information in preparation for student placement in September. As professionals, the staff devotes much time, care and effort in determining September placement for each child. Sometimes, parents are able to provide the school with new information about their child.

This input should **not include a request for placement with a specific teacher** but rather some important personal or educational data that will assist us with our decision. This could include:

- your child's learning strengths, interests and needs and/or their learning style
- strategies and approaches that are effective in engaging and motivating your child, and
- peers that you believe might help your child to feel connected, to work productively and to be a successful learner.

**It is important to note, that while we take your information into account as part of our discussions, we are not able to guarantee requests.**

Should you wish to provide the school with this information, **please send a letter to Mrs. Ludwig (westwind@sd38.bc.ca) no later than Friday, June 3, 2022.**

Sincerely, Mrs. Ludwig and Ms. Lai

**NOTICE OF LATE RETURN FORM - 2022/23**

(Due to Extenuating Circumstances)

We have attached the Notice of Late Return Form to this week's email. This form is to be completed for any student(s) who expects to return to school LATER THAN 12:00 pm Wednesday, Sep. 7th, 2022 AND ON or BEFORE Sep. 14, 2022

Please complete the attached form and return to the office or email westwind@sd38.bc.ca, before June 24, 2022.

Please attach a letter that contains an explanation of the extenuating circumstances for returning late in September.



**🍩 Krispy Creme Donut Order - Last Day to order is May 28 🍩**

In honour of National Donut Day on June 3rd we decided to launch our final fundraiser for the year...KRISPY KREME donuts!

Order through [Munch-a-Lunch](#) under the FUNDRAISER tab from May 14th to 28th

- \* 1 box of original glazed for \$12
- \* 2 boxes of original glazed for \$20

Pick up - June 3rd from 2:45 to 3:15 at the school.

If you are unable to make that time and would like to still purchase them please contact Kristy at [kmurao@gmail.com](mailto:kmurao@gmail.com) for alternative arrangements🍩🍩 Thank you for all your support this year!

PAC Fundraising Committee Gina, Kristy and Rachel



**PAC HOT FOOD DAYS TERM THREE**

Lunch Day	Vendor	Ordering Closes
Monday June 6	Steveston Seafood House	Sunday May 29th
Thursday June 9	Gr. 7 Pizza Day (Domino's)	Wednesday May 1st
Monday June 13	Freshii	Sunday June 5th
Monday June 20	Takeya Sushi	Sunday June 12th
Friday June 24	Gr. 7 Pizza Day (Domino's)	Wednesday June 15th
Monday June 27	Whitespot	Sunday June 19th



## Reflection by Ms. Ludwig

In my work with conflict resolution and promoting dialog between individuals here is what I noticed and am learning.

People usually interested in meeting with those from the other side of a conflict. *But why do they want to meet?* Is it to explain to the other person how things really are? Or is it that they want to meet with the other person because they think they want to gain their perspective? What we need to do is to recognize the authenticity of the other person. To hear their story, their context and their lived reality. We need to admit that they are as sincere in their beliefs as we are in ours. We need to honestly care for them and hold them worthy of respect, regardless of their viewpoints and perspectives.

It doesn't mean we have to own everything others say. But, I believe that we can start from the assumption that we may have something to learn, and maybe conversations could be an opportunity to grow in our understanding. And, if nothing else, it could be an opportunity to express our care and commitment to another person in our community.

If we emphasize what we have in common, rather than hammering on what separates us, we have a better chance of really learning something about one another. And who knows, we might possibly even experience a new insight for ourselves in the process. This is certainly my work each and every day. I am prepared be open to not knowing and to change my view from the experiences shared with me each and every day.



## ParticipACTION Challenge

The ParticipACTION Community Better Challenge is a nationwide initiative that rallies communities to sit less and move more. The goal is to engage families, friends, neighbours, schools, organizations, businesses and fellow community members to get active and track all physical activity through the ParticipACTION mobile App **from June 1 to 30**.

This year's theme is *Everything gets better when you get active! Even communities!* Get moving, connect with others, and help Richmond get crowned Canada's Most Active Community.



### Richmond's Goals for the Challenge:

- To increase physical activity in Richmond and inspire individuals to be active, connected and healthy for a lifetime.
- To encourage individuals to meet the 24 hr movement guidelines (<https://www.participaction.com/en-ca/benefits-and-guidelines/adults-18-to-64>)
- Promote the benefits and importance of being active
- To engage families, friends, neighbours and community members to get active and track all physical activity through the ParticipACTION app.
- Increase tracking of physical activity levels in Richmond via ParticipACTION APP
- Increase in minutes and intensity of physical activity reported in Richmond throughout the CBC month of June by 1% (90,000 minutes) from 2021 (9,000 000 minutes) to 2022 (9,090,000).

### Where can I find information:

The following two websites will have information about the Challenge and activities offered in Richmond for June:

- [www.participaction.com](http://www.participaction.com) - Information about the APP and Community Better Challenge
- [www.richmond.ca/participaction](http://www.richmond.ca/participaction) - Information on Richmond specific activities and events offered in June

# Dealing with the Aftermath of High-Profile Tragic Events

It's hard to believe that yet another mass shooting has taken place in the US, and even more sobering that this one was at an elementary school. Some students may be finding this news alarming as they read posts online or see news coverage on line or on their television at home.

Although the aim of the message below is to be mindful of increases of worrisome behaviour during this extended critical period it is also important to monitor your child regarding the potential for feeling overwhelmed by the event. The attached resource is intended for parents and has some good suggestions.

## Guidelines for parents/guardians to support children through times of stress

**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.

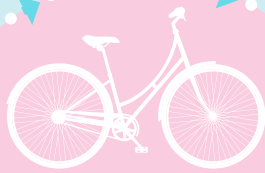
**Monitor media exposure** – Do not overexpose your child to media reports (especially preschool and elementary age children).

**Seek additional support** – When appropriate, your child should be directed to community support agencies.



# BIKE to school WEEK

MAY 30 ▶ JUNE 3



Ride your bike,  
walk, or wheel  
to school!



TRACK YOUR RIDES | WIN PRIZES

Learn more at <https://bikehub.ca/bike-to-school/bike-to-school-week>

