SVE's Week at a Glance



WEEK OF: Jan. 13-17



Monday 13	
Tuesday 14	PAC Meeting - 6:30 pm
Wednesday 15	Grade 3 Swimming Lessons - 12:00 pm Grade 4 & 5 Handball Game - SVE gym - 3:00 pm
Thursday 16	Curling Lessons
Friday 17	Curling Lessons Hot Lunch- Red Robin

Additional Information

New to Springvalley Elementary?

Join our PAC meeting this week on Tuesday evening. Childcare is available.

Interested in ordering hot lunch? Use this website and Access Code to place your orders: sve.hotlunches.net Access Code - SVEHL



What is a **Skyhawk**?

We are kind.
We are learners.
We are leaders.
We are readers.
And together we are better!

The Following Week

Monday 20	
Tuesday 21	
Wednesday 22	Grade 3 Swimming Lessons - 12:00 pm Grade 4 & 5 Handball Game - SVE gym - 3:00 pm
Thursday 23	Cultural Assembly - Rhythm Resource - 10:15 am
Friday 24	Primary Winter Gathering for Grade 3 students Hot Lunch - A & W

FREE IN-PERSON

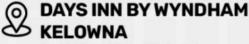




WORKSHOP KELOWNA, BC

FOR KIDS (7-14 YEARS OLD)



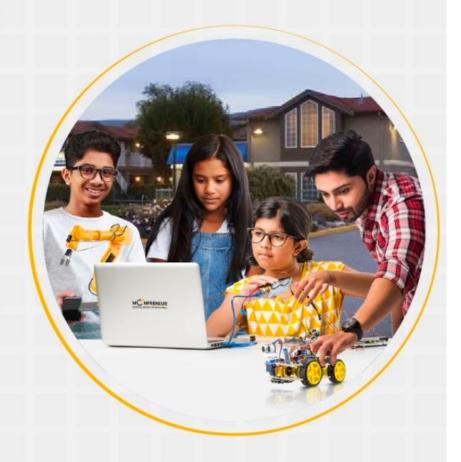


2649 HWY 97 N, KELOWNA, BC V1X 4J6, CANADA

REGISTER NOW

First Come, First Serve

75-MIN SESSION ON ROBOTICS CITIES KELOWNA CITY AND NEARBY AREA



FOR KIDS AGED 7-14!...





PHYSICAL LITERACY



Active Play Club

The BC Alliance for Healthy Living has a new project underway: the Active Play Club. The goal of this program is to provide a unique opportunity for elementary and middle school children to engage in unstructured play on their school grounds after classes are done for the day. Under light supervision of an adult, children are free to explore, create, and interact, fostering their physical, social, and emotional development.

The program is in its pilot phase and includes an Active Play Grant to assist with the initial setup and ongoing operations of the club for the pilot period.



The Active Play Club program partners with school districts and PACs across British Columbia to establish and supervise the Clubs. After all, school playgrounds are the ideal space for children to play. To find out more about joining our pilot program and apply for a grant check the <u>Join the Active Play Club</u> and the <u>Contact Us</u> pages.

Learn more about the Active Play Club and other resources on the program website.

MENTAL HEALTH

Teaching and Learning





The Voices of Siblings Webinar Now Available

It is common to get questions on how we can best support siblings in our families and respond to questions that they ask. In this webinar, we discuss the role of children and youth who have a sibling living with mental health challenges and some strategies for parents and caregivers to support them. Watch Now.

Understanding Disordered Eating: How to Support Youth



Saturday, February 1, 2025, 10:30-12 pm; Free and Online

Learn from our panel of youth with lived experiences and our moderator, Carmen Kaufmann, an eating disorder specialist. This free event is open to parents, caregivers, youth, professionals, family, and friends. Get your ticket today.

Through this event you will:

- Understand the factors that influence disordered eating
- Learn how to identify warning signs for disordered eating
- Hear how youth cope with social media, fat shaming, diet culture and more
- Learn how to support and start the conversation about disordered eating and body image

For more information, contact our Embody team directly at embody@familyservices.bc.ca, or go to embodybc.com.



WESTCOAST WOMEN IN ENGINEERING

STEM Event

This unique program offered at the Rutland Library by WWEST introduces children to STEM through hands-on examples and activities showcasing STEM in everyday life. It encourages and develops children's confidence in their STEM abilities and understanding. For ages 5 and up.

January

SATURDAY

Start 1:00 pm End 5:00 pm

Cost FREE

Age

SCHOOL AGE

Plaza 33 Mall

#20-301 Hwy. 33 West

Kelowna, BC V1X 1X8

Program

DROP-IN

24-16/9-Westcoast Women in Engineering

Phone Number

Website

Email

Address

250.765.8165

orl.bc.ca/rutland Facebook.com/ kelownalibraries

rutland@orl.bc.ca



RUTLAND KIDS WHO KNIT (OR CROCHET)

Learn to Knit for Kids 12 & Up

Come join us for informal learn to knit (or crochet) sessions. Needles and yarn will be supplied or feel free to bring your own! The program runs on the first and third Thursday of the month.

on the

1st 3rd

THURSDAY of the month

03:30 pm - 04:30 pm

January 16 - May 15

Cost FREE

24-1233-Rutland Kids Who Knit (or Crochet)

Age

SCHOOL AGE

Plaza 33 Mall

#20-301 Hwy. 33 West

Kelowna, BC V1X 1X8

Program

DROP-IN

Phone Number

250.765.8165

Website

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RUTLAND BRANCH Facebook.com/ Email

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