

# 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](http://sve.hotlunches.net)

Access Code - SVEHL

## The Following Week



What is a **Skyhawk**?

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

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)**

 **19<sup>TH</sup> JANUARY**  
SUN, 10:00 AM TO 1:00 PM PST

 **DAYS INN BY WYNDHAM  
KELOWNA**  
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!...***

**more**

## 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 [Join the Active Play Club](#) and the [Contact Us](#) 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](mailto:embody@familyservices.bc.ca), or go to [embodybc.com](http://embodybc.com).



**WWEST**

$$E=MC^2$$

# Westcoast Women in Engineering



KELOWNA - RUTLAND LIBRARY | ORL BRANCH

## 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

**18****SATURDAY**

Start 1:00 pm

End 5:00 pm

Cost **FREE**

Age

**SCHOOL AGE**

Address

Plaza 33 Mall  
#20-301 Hwy. 33 West  
Kelowna, BC  
V1X 1X8

Program

**DROP-IN**

24-1449-Westcoast Women in Engineering

Phone Number

**250.765.8165**

Website

**orl.bc.ca/rutland**

Facebook.com/

**kelownalibraries**

Email

**rutland@orl.bc.ca**

OKANAGAN REGIONAL  
**LIBRARY**



**RUTLAND  
BRANCH**

# Kids Who Knit

## 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  
**1<sup>st</sup> + 3<sup>rd</sup>**  
**THURSDAY**  
of the month

03:30 pm - 04:30 pm

January 16 - May 15

Cost **FREE** Age **SCHOOL AGE**

Program **DROP-IN**

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

Address

Plaza 33 Mall  
#20-301 Hwy. 33 West  
Kelowna, BC  
V1X 1X8

Phone Number

250.765.8165

Website

[orl.bc.ca/rutland](http://orl.bc.ca/rutland)

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