



# SVE's Week at a Glance



**WEEK OF: Feb. 17 - 21**

Monday 17	Provincial Family Day - Schools Closed
Tuesday 18	Grade 4 students complete Student Learning Survey - 8:45 am Grade 5 students complete MDI Survey - 8:45 am Cristini - Orchard Gardens Field Trip - 1:00 pm
Wednesday 19	Boys Basketball Practice - 11:00 am Boys Basketball Game - Belgo - 3:00pm
Thursday 20	Girls Basketball Practice - 11:00 am ELL After School Club - 2:30 pm
Friday 21	Hot Lunch - Dominos

## Additional Information

**Kiss and Drop Safety-** Thank you for observing the parking lot signage and dropping your children off along the school sidewalk, we really appreciate it!

**Digital Safety-** Did you know about [Media Smarts- Canada's Centre for Digital Media Literacy](#) ? You will find a number of parent resources here to help with managing your children's screen time, and supporting a healthy relationships with digital devices, and media. See Four Tips below for Managing Kids' Screen Time.

**MDI and Student Learning Surveys** - These student surveys will take place at 8:45 am, please be sure to have your children at school on time.



**HAPPY TOGETHER**

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 24	
Tuesday 25	
Wednesday 26	<b>Flair your Feathers - Wear Black and Blue</b> Boys Basketball Practice - 11:00 am Boys Basketball Game - Quigley - 3:00 pm
Thursday 27	Girls Basketball Practice ELL Afterschool Club - 2:30 pm
Friday 28	<b>Pink Shirt Day</b>



# **Exciting Updates for Our Spring Musical!**



Dear Skyhawk Community

We are thrilled to share more information about our upcoming Spring Musical, taking place on **March 6th!** This is a fantastic opportunity for our students to showcase their talents, and we look forward to sharing this show with you! For the best performance, attendance is expected and please see below for details regarding your child's performance time.

## **Showtimes (UPDATE of 3 Performances):**

### **12:30 PM - 1:15 PM**

#### **Open to Public Dress Rehearsal**

All students will be participating. We encourage grandparents and extended family members to attend this special performance!

### **4:30 PM - 5:15 PM**

#### **Performance for Students with Last Names A - J**

Please report to classrooms at **4:00 PM**.

### **6:15 PM - 7:00 PM**

#### **Performance for Students with Last Names K - Z**

Please report to classrooms at **5:45 PM**.

## **Costumes/Dress Code:**

To ensure our performers look their best, we ask that students wear:

- A white or light-colored shirt
- Dark pants (black or dark blue)

Alternatively, if your child has a pirate costume, they are welcome to wear that!

We can't wait to see all the hard work our students have put into this performance. Thank you for your support and encouragement! If you have any questions regarding performance times, or concerns please email Mr. Prescott at [james.prescott@sd23.bc.ca](mailto:james.prescott@sd23.bc.ca)

Warm regards,

James Prescott

Fine Arts Teacher at Springvalley Elementary



# Four Tips for Managing Your Kids' Screen Time

## – tip sheet

If you've ever seen kids' eyes glaze over during the third hour of a cartoon marathon, or had to take away a game device over pleas to "just let me finish this level," you have some idea why screen time is an issue. Here are four important steps to take to keep screen time under control and make screen use a valuable part of your kids' lives.

### **Minimize** screen use, especially for the youngest children

- Try to expose babies and toddlers to as little screen time as possible, whether it's TV and videos or interactive media like educational apps. (The Canadian Paediatric Society recommends no screen time for children under two). If you have older children as well, explain to them why they need to limit screen time around their younger siblings.
- Help older kids understand from early on that using screens is a health issue, like eating well or brushing your teeth. Just like kids can understand that some foods are better than others and that too much of anything can be bad for you, they can learn to make good choices about screens.



CANADA'S CENTRE  
FOR DIGITAL AND  
MEDIA LITERACY

- Set limits that include all screens and establish certain times and places as no-screen zones. Screens should stay out of bedrooms and away from the dinner table, and should be turned off and put away at least an hour before bedtime.

Use screens **mindfully**, as an activity you choose, rather than as something that is on in the background or that you turn on as a habit.

- A big step in controlling your media time is becoming mindful of it. Turning on a TV, computer or mobile device should be something you do at particular times, for particular reasons: when you're not using them they should be turned all the way off (not just on "sleep") and put away if possible. Make sure kids don't get in the habit of turning devices on as soon as they sit down and don't have screens on as "background noise."
- Get creative! It's not unusual for kids to get obsessed with the characters and settings in their favourite shows and games, and it doesn't have to be unhealthy. When screen time is over, encourage them to draw, write or act out stories about their favourite characters so they don't have to say goodbye when the screen goes dark.

**Mitigate** media effects by curating your children's media, setting household rules, and co-viewing when possible.

- With younger kids, select their media choices yourself, and only allow older kids to watch or play media you've approved. There can be worrying content in media for all ages, and for kids over two the quality of the content can make the difference between a positive and a negative viewing experience.
- Whenever possible, co-watch with your kids. Educational media is most effective when it's watched with parents who can help to extend and reinforce the learning content, and co-viewing is the best way to spot and talk about troubling content in media: MediaSmarts' tip sheet [Co-Viewing With Your Kids](#) can help you do this. When you can't watch together, make sure you're familiar with the content of everything your kids are watching and playing so you can talk to them about anything that worries you.

**Model** good media use for your kids.

- Before we can teach kids to use screens mindfully, we have to do it ourselves. Pay attention to your own media use, and think about what messages you're sending with it. You can also develop a family screen plan to show that managing screen time is important for everyone, not just kids.
- Think about ways to use screens together as a family, whether it's video chatting with distant friends and relatives or using the Internet to investigate hobbies and interests together.

These tips are based on the Canadian Paediatric Society's Position Statement [\*Screen time and young children: Promoting health and development in a digital world\*](#).





# Night sky club

Become a night expert! Learn about animals and birds that thrive at night, how to read star charts, play outdoor games and work on night sky inspired arts and crafts.

A four-week after school club for  
ages 9 to 11. \$40 per child.

Mission Creek Regional Park (EECO)  
February 19 to March 12  
Wednesdays  
3:30 p.m. to 5:30 p.m.



Registration required:  
[rdco.com/parkprograms](http://rdco.com/parkprograms)  
Scan to register!

